



Parent and Child Superpower Meditation



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Tips for introducing a meditation practice to children.

- 1 – Do not worry if they do not listen to the whole meditation, it is something new that they will need to get used to.
- 2 – Start by listening to the meditation together with eyes open.
- 3 – Progress onto sitting together with your eyes closed and holding hands.
- 4 – Progress onto lying down and following the breath sequence.
- 5 – Have fun connecting with your child!