



Six Healing Sounds with Lisa and Ted: Qigong for Children

Lisa Spillane

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Join in with Lisa and Ted as they show you how healing sounds can make you feel bright and happy inside.

Six Healing Sounds with Lisa and Ted teaches young children how to transform negative feelings into positive ones by using simple breathing techniques that are based on ancient Chinese Qigong exercises. Using a special sound for different parts of the body, Lisa and Ted show that a "haaawwâ" can heal the heart and blow away impatience, and a "whooooooooâ" can steady the stomach and chase away worries. These reassuring meditative stories are ideal for bedtime as they calm and settle children by soothing away the troubles of the day.

This delightful and brightly illustrated picture book will be an enjoyable read for children aged four to eight and will teach them effective healing techniques to overcome unpleasant emotions so they can live happier and healthier lives.

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