

# File Type PDF Indigo Dreams Relaxation And Stress Management Bedtime Stories For Children Improve Sleep Manage Stress And Anxiety Indigo Dreams **Indigo Dreams Relaxation And Stress Management Bedtime Stories For Children Improve Sleep Manage Stress And Anxiety Indigo Dreams**

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Visualizations Indigo Dreams Relaxation And Stress

created by Lori Lite • ISBN 9780970863348 • (approximately 60 minutes)

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Indigo Dreams is a 60 minute bedtime relaxation CD/audio book designed to entertain your child while introducing them to relaxation and stress-management techniques. Four unique bedtime stories incorporate breathing, visualizations, muscular relaxation and affirmations.

## Indigo Dreams - Stress Free Kids

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'Indigo Dreams' is a 60 minute CD/audio book designed to entertain your child while introducing them to relaxation/meditation techniques. Four stories introduce breathing, visualizations, muscular relaxation and affirmations. The narration is accompanied by healing sounds of nature and an additional music sound track to further enhance relaxation.

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## Indigo Dreams Soundtrack - YouTube

This product is a must buy. If you have a little one who fights their sleep, is just having a rough day, or if you just want a nice soothing story Indigo Dreams is for you. It is so relaxing and puts not only your little one at ease, but the parents as well. If your looking for a nice peaceful car ride or bedtime story, indigo dreams is for you.

## Indigo Dreams: Relaxation and Stress Management Bedtime ...

Indigo Dreams (3 CD Set): Children's Bedtime Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness Lori Lite 4.1 out of 5 stars 57

## Lori Lite - Indigo Dreams - Amazon.com Music

Indigo Dreams is a 60 minute CD/audio book designed to entertain your child while introducing them to relaxation and stress-management

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techniques. Four unique bedtime stories incorporate breathing, visualizations, muscular relaxation and affirmations. Children follow the characters along as they learn belly breathing with A Boy and a Bear, make positive statements with The Affirmation Web, visualize with A Boy and a Turtle and relax with The Goodnight Caterpillar.

[Indigo Dreams by Lori Lite, Audio CD | Barnes & Noble®](#)

Listen free to Lori Lite - Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety (Indigo D (The Affirmation Web, A Boy and a Bear and more). 5 tracks (60:09). Discover more music, concerts, videos, and pictures with the largest catalogue online at Last.fm.

[Indigo Dreams: Relaxation and Stress Management Bedtime ...](#)

Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety: Lite, Lori, Lite, Lori: Amazon.ca: Music. CDN\$ 24.29. CDN\$ 8.99 delivery: Oct 5 - 21.

[Indigo Dreams: Relaxation and Stress Management Bedtime ...](#)

Indigo Teen Dreams is a 60-minute audio book that shows teens how to manage stress, anger, and anxiety while increasing self-esteem and improving sleep. Teens explore four relaxation and stress management techniques while receiving guided instructions on the techniques of breathing, visualizations, progressive muscle relaxation, and affirmations.

[Indigo Teen Dreams - Stress Free Kids](#)

Indigo Dreams - Stress Free Kids Description Indigo Dreams is a 60-minute relaxation audio book designed to entertain your child while introducing them to relaxation and stress management techniques. Four unique bedtime or naptime stories incorporate breathing, visualizations, progressive muscle relaxation, and affirmations.

[Indigo Dreams Lori Lite - Childrens Relaxation Meditation ...](#)

Indigo Dreams: Rainforest Relaxation, Decrease Worry, Fear, Anxiety, Improve Sleep, Well Being, Creativity

[Indigo Dreams: Kids Relaxation Music Decreasing Stress ...](#)

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Indigo Teen Dreams allows teens to manage stress, anger, and anxiety while increasing self-esteem and self-awareness. Teens explore the research-based, stress-management techniques of breathing, visualizations, progressive muscular relaxation, and affirmations or positive statements.

[Indigo Teen Dreams: Guided Meditation--Relaxation ...](#)

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Magic Island: Guided Meditation for Kids- Research Proven Guided Imagery and Relaxation for Kids Ages 4-10, for Boosting Confidence, Reducing Stress, and Help with Sleeping. Go to amazon.com Indigo Ocean Dreams

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