

# Mp3 Lori Lite - Indigo Ocean Dreams

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Four unique stories accompanied by relaxing music and sounds of the ocean teaching children meditation/relaxation and stress management techniques. 5 MP3 Songs NEW AGE: Meditation, KIDS/FAMILY: Children's Storytelling Details: NEW! Indigo Ocean Dreams Audio CD 4 new stories with soothing music. (approximately 70 minutes) by Lori Lite Indigo Ocean Dreams is a 60 minute CD/audio book designed to entertain your child while introducing them to relaxation and meditation techniques. Four new stories explore breathing, visualizations, muscular relaxation and affirmations. Children follow their sea friends along as they learn to manage their own stress, anxiety, and anger with Angry Octopus, Affirmation Weaver, Sea Otter Cove and Bubble Riding. Indigo Ocean Dreams offers longer stories and variations on the same techniques found on Indigo Dreams. Ideal for older children and as step two for those already familiar with Indigo Dreams. The narration is accompanied by healing sounds of dolphins, sea otters and gentle waves. An additional music sound track is included to further enhance your child's mind, body and spirit. Lori Lite is the author of innovative children's books, CD audio books, and other empowering products all designed to introduce children to meditation, relaxation and stress management. These ground breaking stories are the culmination of Lori's experience as a Certified Children's Meditation Facilitator, teacher, student of meditation and mother of three. Lori's unique style transcends all age limits! Children and adults benefit by experiencing fun, easy to do techniques of muscular relaxation, diaphragmatic/belly breathing, visualizations and affirmations. Lori's stories, techniques and products are currently assisting child life specialists, parents, teachers, school counselors and yoga instructors across the United States and abroad. They are helping children through the hands of psychologists, special needs teachers, day care centers and head start programs. The Affirmation Web was named book of the month by The IAM Foundation and A Boy and a Bear is recommended by the Federal Emergency Management Association. Parents are raving about the impact the relaxation effect is having on their entire families. Lori Lite has interviewed and written articles for several media outlets around the country to include interviews with "ABC Radio" "Prevention Magazine" "CBS News", "USA Today Magazine" and the "New York Post." She has also been featured in several publications to include

"Parents Guide New York", "Atlanta Journal Constitution", "Atlanta Parent Magazine" and "Children of the New Earth".

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