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Titolo	Meditation in schools [[electronic resource]] : a practical guide to calmer classrooms / / edited by Clive Erricker and Jane Erricker ; main contributor, Gina Levete
Pubbl/distr/stampa	London ; ; New York, : Continuum, 2001
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Descrizione fisica	1 online resource (169 p.)
Collana	Continuum studies in pastoral care and personal and social education
Altri autori (Persone)	ErrickerClive ErrickerJane <1948-> LeveteGina
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Soggetti	Meditation - Study and teaching Meditation for children Classroom management Electronic books.
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Formato	Materiale a stampa
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Contents; Contributors; Preface; Part 1: Why Meditation?; Part 2: Meditation in Education; Part 3: Meditation in the Classroom; Part 4: Resources; Index
Sommario/riassunto	This introduction to meditation in education is written as a resource for class teachers and educators as a practical guide. Parents will also find it valuable, though its main focus is in using meditation in schools. The purpose of the book is to inspire and to provide concise, practical and general information, and techniques that can be considered and explored before introducing primary or secondary students to meditative experience. Meditation in schools covers such topics as: o information on schools where meditation is practiced, and the perceived results o issues and concerns involved with