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Autore	Pryce Tony
Titolo	Circle time sessions for relaxation and imagination [[electronic resource] /] / Tony Pryce
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Descrizione fisica	1 online resource (88 p.) : ill
Collana	Lucky Duck Books
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Nota di contenuto	Cover; Contents; Foreword; Introduction; A Relaxation Exercise; Row Your Boat; The Giant Within; The House That Peace Built; Mirror Mirror on My Wall; The Happy Forest; Sky Dance with An Eagle; Butterfly Valley; Thought Ballons; Roar Of The Crowd; Quick Fixes and Tune-ups; Bow And Arrow; The Tap; Receptive Hands; Tests And Exams; Start of Day Positive Focus; Ball Of Light; From Buds To Flowers; Bibliography
Sommario/riassunto	Using the popular technique of 'circle time', this book provides a range of exercises to promote relaxation, inner confidence and a positive sense of self through the use of visualization. The exercises are accompanied by questions, discussion prompts and worksheets.