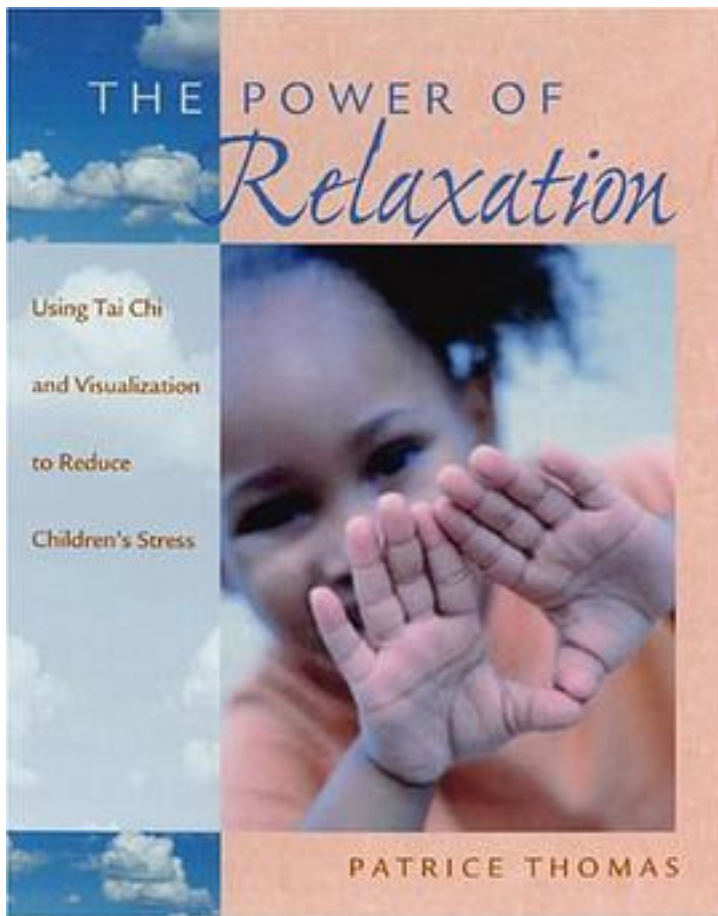


The Power of Relaxation



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"As someone who has been involved in promoting health-enhancing environments for 30 years, I encourage everyone who works with children to read this accessible, useful, and inspiring book."-John Macdonald, Foundation Chair-Primary Health Care, University of Western Sydney (Australia)Throughout the world, the ease and

effectiveness of practicing tai chi exercises has redefined the way many adults combat the anxiety and stress in their everyday lives. Now the same principles practiced at the gym or in the home can be used in the early childhood classroom-giving children, and the adults who care for them, a soothing and enjoyable way to redirect the stresses that can adversely affect physical, mental, and emotional health. Through a combination of gentle exercises (based on tai chi and yoga) and progressive relaxation and visualization techniques, "The Power of Relaxation "offers early childhood teachers inventive ways to help young children "de-stress." Unlike any other resource for young children, "The Power of Relaxation "contains five detailed chapters that lead teachers through specific methods of stress management-from gentle movement exercises that promote strength, flexibility, suppleness, coordination, and good posture to relaxation and visualization techniques that enhance children's abilities to develop imaginative, creative, and artistic habits-all in a relaxing and noncompetitive environment that children of all ages can enjoy. Patrice Thomas has been a teacher and university lecturer for over twenty years. She presents stress management, relaxation, and communication courses to education, health, childcare services, and corporate groups. Ms. Thomas lives and works in Woodford, New South Wales, Australia.

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目录:

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