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### Peaceful Piggy Meditation Albert Whitman

The young pigs in this story balance a stressful, hectic life with regular meditation. Using straightforward—though somewhat saccharine—language and images, MacLean, a certified children's meditation instructor, describes this practice and explores its benefits, which include increased self-confidence and feelings of peace and well-being.

### Peaceful Piggy Meditation | Albert Whitman & Company

Peaceful Piggy Meditation (Albert Whitman Prairie Books (Paperback)) Paperback – January 1, 2004 by Kerry Lee MacLean (Author, Illustrator)

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Sometimes life seems like it's all about hurrying--so many places to go! And sometimes it's hard when things don't go your way--it can make a piggy angry and sad. So how do young piggies find a peaceful place in a frustrating world? They meditate!

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### Peaceful Piggy Meditation | Albert Whitman & Company

Peaceful Piggy Meditation Very sweet introduction for young children to the practice of yoga and its elements by going through a yoga practice through the eyes of a peaceful piggy. Invaluable for children's yoga.

### Peacefully Piggy Meditation by Kerry Lee MacLean (2004 ...

Written by Kerry Lee MacLean From Albert Whitman Prairie Books: "Sometimes life seems like it's all about hurrying—so many places to go! And sometimes it's hard when things don't go your way—it can..."

### Peaceful Piggy Meditation

The Children's Lesson Plans (296 pages), used in conjunction with the Adult Study Guide, provides step-by-step instructions for teachers on meditation exercises, stories, crafts, songs, and games. The Activity Book (136 pages) is a perfect companion to enhance the children's education with over 50 coloring pages, puzzles, and other fun ...

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Peaceful Piggy Meditation is a book about a little piggy who finds himself in a lot of different situations. It shows how the piggy needs to breathe when angry or upset, maybe remove himself from the situation, how to help others, and, basically, how to meditate.

### Peaceful Piggy Meditation by Kerry Lee MacLean

Who loves yoga? Everyone from ballerinas to football players to moms and dads. Babies do yoga positions without even knowing it! From the author and illustrator of Peaceful Piggy Meditation, this fun and informative picture book guide shows kids—and piggies!—in classic yoga poses, complete with instructions.

### Peaceful Piggy Yoga | Albert Whitman & Company

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