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| Stress Free Kids Sea Otter Cove

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Forest Fantasy Indigo Ocean Dreams
Soundtrack Indigo Dreams Relaxation
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Stories for Children Improve Sleep

Manage Str DEEP RELAXATION Music
for Sleep [Insomnia /u0026 Stress]

/"Alpine Dreams/" Binaural Beats

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muscular relaxation and affirmations.

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have a little one who fights their sleep, is just having a rough day, or if you just want a nice soothing story Indigo Dreams is for you. It is so relaxing and puts not only your little one at ease, but the parents as well. If your looking for a nice peaceful car ride or bedtime story, indigo dreams

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Management Bedtime
is for you.

Stories For Children
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Management Bedtime ...

Indigo Dreams (3 CD Set): Children's
Bedtime Stories Designed to Decrease
Stress, Anger and Anxiety while
Increasing Self-Esteem and Self-

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Awareness Lori Lite 4.1 out of 5 stars
57

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Indigo Dreams is a 60 minute
CD/audio book designed to entertain
your child while introducing them to

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relaxation and stress-management techniques. Four unique bedtime stories incorporate breathing, visualizations, muscular relaxation and affirmations. Children follow the characters along as they learn belly breathing with A Boy and a Bear, make positive statements with The

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Affirmation Web, visualize with A Boy
and a Turtle and relax with The
Goodnight Caterpillar.

Indigo Dreams by Lori Lite, Audio CD |
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Dreams: Relaxation and Stress

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Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety (Indigo D (The Affirmation Web, A Boy and a Bear and more). 5 tracks (60:09). Discover more music, concerts, videos, and pictures with the largest catalogue online at Last.fm.

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Management Bedtime ...

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Lori: Amazon.ca: Music. CDN\$ 24.29.

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CDN\$ 8.99 delivery: Oct 5 - 21.

Stories For Children

Indigo Dreams: Relaxation and Stress
Management Bedtime ...

Indigo Teen Dreams is a 60-minute audio book that shows teens how to manage stress, anger, and anxiety while increasing self-esteem and

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improving sleep. Teens explore four relaxation and stress management techniques while receiving guided instructions on the techniques of breathing, visualizations, progressive muscle relaxation, and affirmations.

Indigo Teen Dreams - Stress Free Kids

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Indigo Dreams – Stress Free Kids

Description Indigo Dreams is a 60-minute relaxation audio book designed to entertain your child while introducing them to relaxation and stress management techniques. Four unique bedtime or naptime stories incorporate breathing, visualizations,

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progressive muscle relaxation, and affirmations.

Indigo Dreams Lori Lite – Childrens
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Indigo Dreams: Rainforest Relaxation,
Decrease Worry, Fear, Anxiety,
Improve Sleep, Well Being, Creativity

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Music

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Music Decreasing Stress ...

Indigo Teen Dreams allows teens to manage stress, anger, and anxiety while increasing self-esteem and self-awareness. Teens explore the research-based, stress-management

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techniques of breathing,
visualizations, progressive muscular
relaxation, and affirmations or
positive statements.

Indigo Teen Dreams: Guided
Meditation--Relaxation ...

Indigo Teen Dreams: Guided

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Relaxation Techniques Designed to
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while Increasing Self-esteem and.

01:56 02. Affirmations . Lori Lite.

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08:05 03. Breathing

Stories For Children

Lori Lite - Listen on Deezer | Music
Streaming

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Stress Anxiety Indigo
Dreams
Magic Island: Guided Meditation for
Kids- Research Proven Guided
Imagery and Relaxation for Kids Ages
4-10, for Boosting Confidence,

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