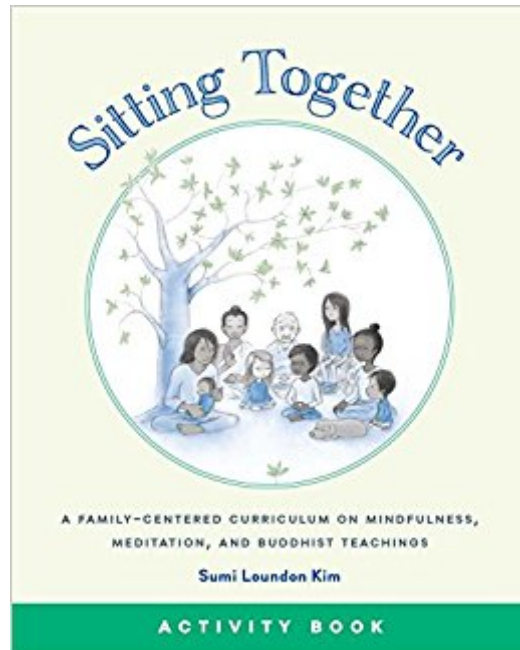




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Sitting Together Activity Book



Synopsis

A perfect companion to enhance yourÂ Sitting TogetherÂ lessons.Â This book is filled with over 50 coloring pages, games, mazes, and other fun activities for children ages 3-12. Though designed to be used with theÂ Sitting TogetherÂ curriculum, it can also be used on its own. This bookÂ is perfect for any family, Dharma center, yoga studio, or organization that wants to incorporate mindfulness into their children's activities. Visit MindfulFamilies.net for mindfulness, meditation, and Buddhist resources for families.

Book Information

Paperback: 136 pages

Publisher: Wisdom Publications; Act Csm edition (June 13, 2017)

Language: English

ISBN-10: 1614294240

ISBN-13: 978-1614294245

Product Dimensions: 8 x 0.4 x 10 inches

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Customer Reviews

Sumi Loundon Kim is the Buddhist chaplain at Duke University and the minister for the Buddhist Families of Durham. After receiving a masterâ™s degree in Buddhist studies at Harvard Divinity School, she was the associate director for the Barre Center for Buddhist Studies in Massachusetts. She is the author of two books,Â Blue Jean BuddhaÂ (2001) andÂ The Buddhaâ™s ApprenticesÂ (2005). Sumi lives with her husband and two children in Durham, North Carolina.Â

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