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Lorraine Murray has been researching and teaching this since 'Calm Kids - help children relax with mindful help kids shine through mindful activities'

Lorraine e murray meditation demonstration at

May 18, 2012 Lorraine E. Murray, author of Calm Kids: Help Children Relax with Mindful Activities, will be giving a talk at Stockbridge Library on Thursday (May 24th).

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MEDITATION OG MINDFULNESS TIL B RN. Lorraine Murray - underviser i Calm Kids best-selling book 'Calm Kids - Help Children Relax with Mindful Activities'.

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