

WHEN TO USE

Stretch... before you relax, try some yoga poses to help loosen stiff or aching muscles. Download your **FREE** yoga game featuring 8 yoga postures with instructions and benefits. Remember to wait at least an hour after eating before exercising.

Relax... find a quiet, comfortable place where you won't be disturbed. Lie down on your back and close your eyes. Listen to one of the tracks from this CD each day. Take your time opening your eyes afterwards or if it is bedtime, drift off to sleep.

Express... remember your thoughts and feelings by writing or drawing in a diary. Use lots of colour, stick in photos, decorate with glitter - express yourself!

If you're feeling...

- * lonely... try track 3. Dream Friend
- * scared... try track 1. Safe Place
- * sad... try track 5. Sunny Inside
- * angry... try track 2. Crystal Bubble
- * jealous... try track 6. Treasure Hunt
- * over-excited/tired... try track 4. Magic Wand
- * unwell... try Track 7. Rainbow Blanket
- * fantastic!... use your **FREE** yoga game to help you select a track!

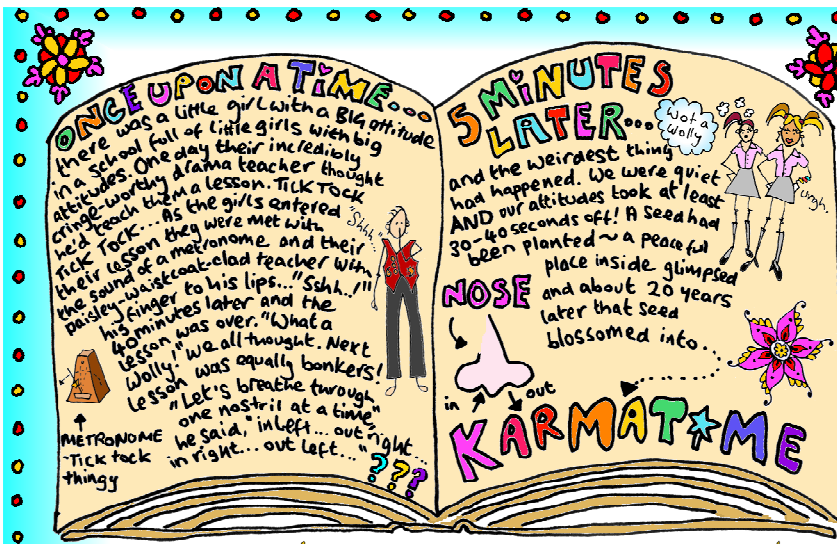
Download your **FREE** yoga game at www.karmatime.com/freeyogagame.pdf it will help you choose which track to play!

COLOUR-IN MANDALA

This can be relaxing too! Choose your favourite colours and try to keep within the lines.

When you've finished have some Karmatime by looking into the centre of the circle.

Karmatime CD booklet pages 2 & 7
 Turn printed pages 1 & 8 over then print this page on the reverse



★ ★ ★ KARMA TIME ★ ★ ★

Karmatime is a children's yoga company created in 2005 by former school teacher Justine Aldersey-Williams. Inspired by her two young children, she set out to introduce kids to key skills which might empower them with the ability to manage their physical and emotional health. Having trained with the British Wheel of Yoga, Justine now specialises in creating fun, inspirational classes and resources to help kids feel good about themselves and the world around them. For further information visit www.karmatime.com

"Thanks to Kevin Paton for interpreting my ideas into beautiful music, to all the children I've taught over the past 10 years and especially Ella and Tom for your constant inspiration, to my yoga teachers, friends, family and my 'total package' husband, Jim!" Love Justine x

BE THIS C.D.

★ Kids... make time in your daily routine for a little Karmatime! Maybe first thing in the morning, when you get home from school or just before bedtime. Just 5 minutes relaxation can help you feel good all day long!

★ Parents... relaxation and specifically meditation have been shown to improve immunity, academic performance, creativity and behaviour. Encourage your child's personal discipline by supporting their daily practice - you could even join in!

★ Teachers... the themes and techniques included on each track aim to improve emotional intelligence. The CD is ideal for use during circle time, assembly, to re-engage attention during the school day or as a cool-down after physical activity. Each meditation supports the development of personal, social and moral values and encourages children to feel good about themselves and those around them.



Disclaimer... this material is offered for educational and informational purposes only and is not intended as a substitute for advice from your health professional. By choosing to try these exercises you agree to take full responsibility for your own and your child's health and well being and agree not to pursue any claims, on behalf of yourself or your child, against the producers of these materials. The producers, the artist, composer and all associated with them disclaim any and all liability from the information offered herein.

SAFE PLACE 5:48
If you've ever felt afraid, try visiting your own Safe Place. Walk through your hidden garden before imagining a great den just as YOU like it. It's a lovely place to visit where all is well.

CRYSTAL BUBBLE 5:25
Ever wished you could be a superhero with a special force-field to protect you? Breathe deeply to feel good inside.

DREAM FRIEND 5:28
Do you sometimes feel lonely? Wish you had a friend? Try to remember that you're part of one big universe. Feel connected by imagining a dream friend.

RAINBOW BLANKET 6:22
Feeling confused or not quite yourself? The colours of the rainbow can help us feel well balanced and healthy. Wrap yourself up in a blanket of LOVE!

TREASURE HUNT 6:24
Toys break, clothes shrink but great feelings last forever. Discover the treasure inside yourself and you'll always be rich!

SUNNY INSIDE 5:07
Do your feelings change like the weather? No matter what happens, there's always a part of yourself that stays peaceful and light - just like the sun.

MAGIC WAND 5:23
Relax all your muscles using your own magic wand. Squeeze, sprinkle and release!

FEELING: SECURE
MUSIC: Spinning pipes and guitar mixed with birdsong on a summer breeze

FEELING: CALM
MUSIC: Flutes and recorders to create feeling of breath

FEELING: LOVE
MUSIC: A warm, deep sound produced using a West African Bongo made from hacksaw blades and a gourd.

FEELING: WELL
MUSIC: Contented baby sounds mixed with a Ugandan Akogo and a Balkan fiddle.

FEELING: OPTIMISTIC
MUSIC: Chime bars, guitar and an Ebo - a clever gadget!

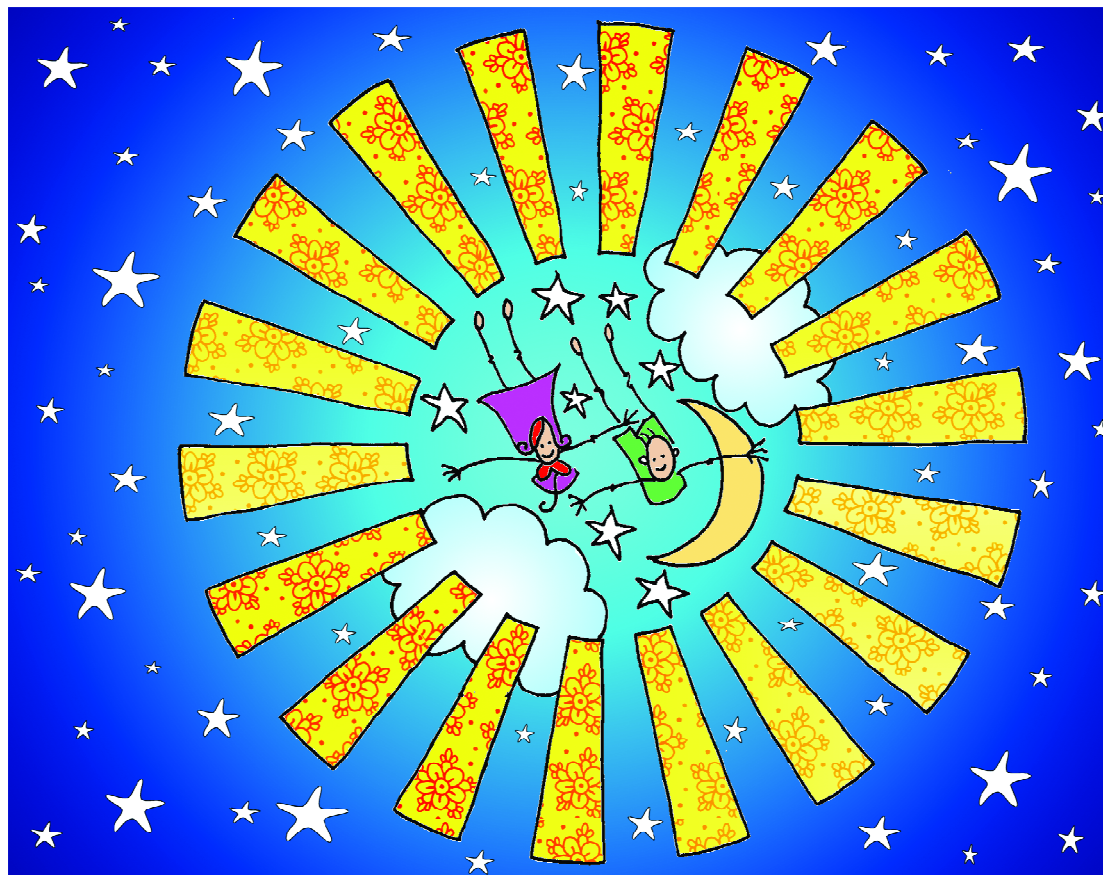
FEELING: GRATEFUL
MUSIC: A care-free carnival sound created using a home made Wah Bar and steel pan.

FEELING: RELAXATION
MUSIC: Voices, tinctures and singing bowls using the 'angelic interval' harmony.

ABOUT THE TRACKS
Words by Justine Aldersey-Williams Music by Kevin Paton © 2008

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Karmatime CD booklet pages 4 & 5
Turn printed pages 6 & 3 over then print this page on the reverse



Karmatime CD booklet rear inlay for clear jewel case
Print this page then turn sheet over
This image will appear under the CD

Does your family rush from one activity to the next?
 Are you busy all the time? Do your children ever struggle to handle their feelings when challenged, at bedtime or in the run-up to exams? Help them...

RELAX... IT'S KARMA TIME!

This selection of seven dreamy meditations includes key relaxation skills which can help improve children's physical and emotional health



1. Safe Place 5:48
 2. Crystal Bubble 5:25
 3. Dream Friend 5:28
 4. Magic Wand 5:23
 5. Sunny Inside 5:07
 6. Treasure Hunt 6:24
 7. Rainbow Blanket 6:22

includes **FREE** yoga game and colour-in mandala!



for details of children's yoga classes, resources, teacher training or school inset contact:

KARMA TIME
 www.karmatime.com
 mail@karmatime.com

Justine Aldersey-Williams
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Karmatime CD booklet rear inlay back for clear jewel case
 Print this page on the reverse of the rear inlay (above)