

Finding the island of peace in everyday life



Katrin Michel **Meditations for Mothers**

[Meditationen für Mamas]
How to achieve calmness in everyday life – even when there is no peace and quiet

Kösel Sach-/Fachbuch
176 pages
4 colour illustrations
Format 15,5 x 21,0 cm
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2c throughout with 4c illustrations

Katrin Michel, born in 1983, studied biology and has worked as a teacher. She is now a meditation instructor, prenatal yoga teacher and hypnobirthing course instructor, and regularly gives courses in these areas. She lives with her husband and three sons in Hamburg.

The meditation teacher Katrin Michel helps mothers of children of all ages to find islands of peace in everyday life through meditation. She has tailored her book especially to the needs of mothers by offering exercises that are easy to integrate into their daily lives and require little effort and time. And sometimes the children can also simply join in!

Katrin Michel includes the words of other experts and mothers in presenting the advantages of meditation for mothers and how the exercises can be individually customised depending on the children's ages and the mother's time at hand.

The book is an asset for any mother, regardless how much meditation experience she already has.

- The only meditation book specifically for mothers with little time or no 'quiet place' for it
- Instructions and clever tips for every day, nearly effortless application
- Audio downloads for three meditations