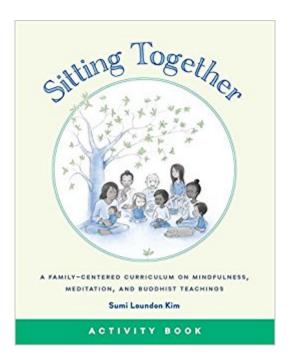


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# **Sitting Together Activity Book**





## **Synopsis**

A perfect companion to enhance yourà Sitting Togetherà lessons.à 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 theà Sitting Togetherà curriculum, it can also be used on its own. This bookà Â 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

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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 master  $\tilde{A}$   $\hat{\phi}$   $\hat{a}$   $\hat{\phi}$   $\hat{a}$  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,  $\tilde{A}$   $\hat{A}$  Blue Jean Buddha $\tilde{A}$   $\hat{A}$  (2001) and  $\tilde{A}$   $\hat{A}$  The Buddha $\tilde{A}$   $\hat{\phi}$   $\hat{a}$   $\hat{a}$ ,  $\hat{\phi}$ s Apprentices  $\tilde{A}$   $\hat{A}$  (2005). Sumi lives with her husband and two children in Durham, North Carolina.  $\tilde{A}$   $\hat{A}$ 

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