



Inicio Silvio Raij Coaching Liderazgo Mindfulness

Silvio Raij



Inicio Silvio Raij Coaching Liderazgo Mindfulness:

Guía práctica de mindfulness para niños Silvio Raij, 2020 Este libro es un viaje a través del mindfulness para que los adultos aprendan las herramientas de la atención plena y puedan compartirlas con sus alumnos hijos o niños a su cuidado. Está pensado para ser aplicado en el ámbito escolar o familiar y busca inspirar a los adultos a entrar en contacto con esta disciplina milenaria como primer paso para que luego de su mano también los niños se introduzcan en ella. Al igual que tenemos la costumbre de lavarnos los dientes y ducharnos cada día la práctica del mindfulness nos ayuda a adquirir hábitos saludables para la mente y el cuerpo a respirar de manera consciente y a regular de una forma más amable nuestros pensamientos y emociones. Silvio Raij referente en el ámbito del coaching, el liderazgo y el mindfulness expone aquí los beneficios de esta técnica, su historia, fundamentos y funcionamiento a partir de explicaciones sencillas y fáciles de compartir con niños. Guía práctica de mindfulness para niños incluye treinta tarjetas ilustradas con ejercicios para aprender y practicar jugando, meditaciones guiadas, sugerencias para diseñar una clase que incluya el mindfulness en el ámbito educativo y mucho más. No requiere experiencia previa en meditación y está dirigida a padres, educadores, terapeutas, cuidadores, abuelos, tíos y adultos en general que tengan niños a su cuidado y estén interesados en integrar esta valiosa práctica a sus rutinas diarias.

Mindfulness Silvio Raij, 2017-08-15 El presente es el único momento real de tu vida. El pasado simplemente existe en tus recuerdos y el futuro en tu imaginación. Si quieres sentir el verdadero amor, experimentar felicidad y recuperar tu paz interior solo puedes buscar en un lugar y ese lugar es aquí y ahora. Este libro nos propone un viaje de aprendizaje claro y práctico a través del arte milenario del mindfulness, sabiamente adaptado a los tiempos vertiginosos que vivimos en la actualidad. Con palabras sencillas y en un lenguaje fácil de entender, el autor nos introduce en las prácticas de la atención plena y nos revela las innumerables trampas del ego en las que solemos caer por no estar atentos. Con la ayuda de meditaciones guiadas, paso a paso, ejercicios de mindful yoga, reflexiones y metáforas, cada capítulo nos conduce de forma amable y positiva a nuestros pensamientos, emociones y sensaciones para que aprendamos a manejarlos y a disipar nuestros miedos, frustraciones y ansiedades. No importa si tienes o no experiencia en la meditación. Mindfulness recupera tu paz interior, te sirve como una guía práctica para bucear en tu mundo interno, ayudarte a resolver mejor tus conductas externas. Recuperar tu estado de bienestar es un derecho y es el mejor regalo que puedes hacerte a ti mismo y a los demás. Durante todo el libro, Silvio de manera muy respetuosa nos invita a cambiar nuestra manera de entender la realidad. Nos ofrece otras alternativas basadas en la atención plena que nos pueden ayudar a disfrutar de la vida con mayor plenitud y satisfacción. Trata con verdadera sabiduría cuestiones como el dolor y el sufrimiento y cómo podemos relacionarnos con ambos desde una nueva mirada más abierta, compasiva e integradora. Enrique Sim del Prólogo.

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