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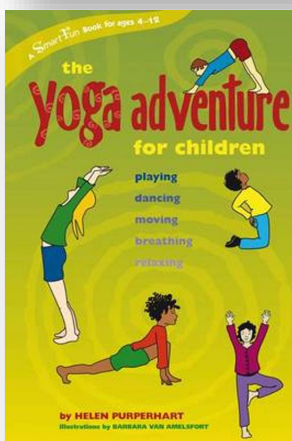
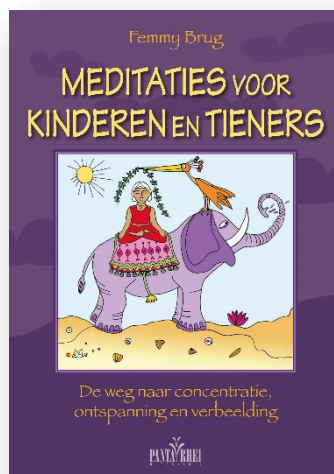
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EDUCATION, YOGA, HEALTH & SPIRITUALITY

Resource books for teachers and parents with educational
and creative games and activities
Yoga for children and adults

Our bestselling books on yoga & education:



CHILDREN'S YOGA – NEW!

Curl like a cobra

Games, activities and coloring with yoga
Mara Leiblum



This unique book for children between 5 and 10 years integrates coloring and drawing yoga poses and mandala's as an integral part of yoga lessons for children. It contains all kinds of activities in the form of games, stories, exercises related to yoga for children. The book can be used by the children themselves, but it contains also a lot of creative information for parents, educators and yoga teachers. With beautiful mandala's and a memory game to colour, cut out and play together.

About the author:

Mara Leiblum is an experienced teacher of dance and yoga, and is also a professional illustrator of children's books.

Paperback, fully illustrated, 120 pages.
All rights available.

Yoga Nidra for children and teens

An effective technique for relaxation, meditation and concentration
Femmy Brug



The Yoga Nidra exercises have the same effect on children as they have on adults: a very deep relaxation. The exercises in this book are specially adapted to children of different ages with very detailed instructions for the teachers.

The Yoga Nidra's in this book are derived from Femmy's own practice as an experienced children's yoga teacher. They can be used at home as well as in the classroom or in yoga classes. Yoga Nidra stimulates creativity and relaxation, and creates a deep feeling of connection with all living beings and with the earth.

The book can be used by parents and educators, yoga teachers and anybody working with children from 4 years up.

About the author:

Femmy Brug is a yoga teacher, teacher of children's yoga and trainer of yoga teachers. Femmy wrote several books; especially *Meditations for children and teenagers* became very successful.

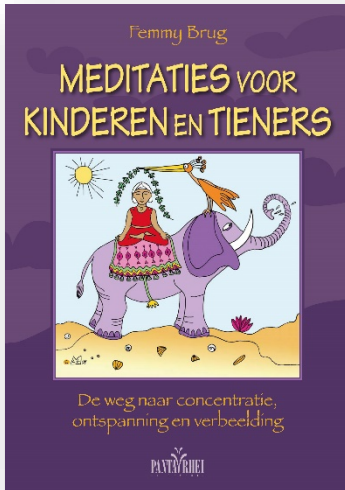
Hardcover, full colour, 128 pages.
All rights available.

YOGA, MEDITATION & MINDFULNESS

Meditations for children and teenagers

Concentration and relaxation by guided fantasies

Femmy Brug



Bestseller!

Like yoga for children there is also a growing interest in meditations for children, but specially adapted to the age and understanding of the children.

This new book by children's yoga teacher Femmy Brug offers 2 categories of meditations and visualizations: one for age 6 – 10, and one for age 11 – 17 years. There is a third category for all ages, for instance walking meditations.

The book can be used by parents, teachers of all kind, children's yoga teachers, actually by anybody working with children.

The fantastic full colour illustrations give the book an extra dimension.

Paperback, full colour, 100 pages.

All rights available.

Mindfulness & yoga in your classroom

Exercises in awareness, attention and compassion

For teachers in primary and secondary schools

For children from 5 years up

Femmy Brug



In this book you will find mindfulness exercises, yoga exercises and exercises for working together. Attention, respect, body awareness, focus and compassion will thus be part of the school program. The exercises are described in detail so that the teacher can read them aloud and get started right away. All exercises are easily applicable in class and illustrated with clear pictures.

Furthermore this book contains stories from different cultures, that allow processing through subjects like respect, working together and friendship.

Paperback, 96 pages, with full colour pictures.

Rights sold to Germany.

YOGA, MEDITATION & MINDFULNESS

Yoga-energizers for children

Cheerful yoga games for a loving childhood education

Dhroeh Nankoe & Janayitri Brahmanda



These yoga-energizers help children to live in the moment, to relax and open their hearts. The *first part* contains the effect of the games: dealing with your emotions, learn about loving values and standards, reading children's energy, focusing on talents and rewarding good behavior.

In the *second part* children will learn in a playful way by working with the energizers to respect each other's opinion, to philosophize about life questions, to express themselves, to meditate, and to accept themselves and others as they are.

In a few minutes children and their parents/supervisors learn how to energize themselves and will be able to go on with the day with a good, happy and relaxed energy level.

About the authors:

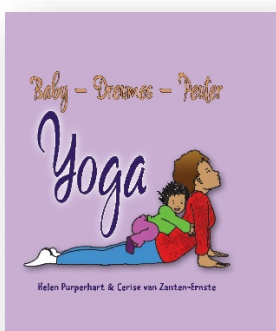
Dhroeh Nankoe is a singer and composer of Indian music. Apart from giving concerts he teaches children and adults on various schools and conservatory's in the Netherlands. **Janayitri Brahmanda** is a therapist and life coach with an innovative approach on body, mind and soul.

Paperback, 144 pages, full colour. All rights available, English translation available.

Yoga with your child

An exercise book for parents with a baby, toddler or infant

Helen Purperhart & Cerise van Zanten-Ernste



Yoga with your child is a practical book for parents with young children in the age of 3 months up to 4 years old. The *yoga with your child*-program gets its inspiration from the classical poses belonging to the traditional yoga. These poses are combined with a variety of games for the development of touch.

All the attention is directed towards the individual development of the child, in an inviting, gentle way and is never imposing.

It is not necessary to have any experience with yoga yourself to be able to work with this book. Just being convinced that yoga has a positive influence on the development of your child is enough.

With colourful drawings and an indication of the age and benefits next to each pose.

About the authors:

The authors developed an educational program for yoga teachers at the Jip & Jan Academy in The Netherlands. Helen Purperhart wrote several successful books about yoga for kids and children's coaching. A couple of which are translated in several languages.

Hardcover, 112 pages, with full colour illustrations. All rights available.

YOGA, MEDITATION & MINDFULNESS

Relaxation in the classroom

The book of total relaxation for primary schools

Relax exercises, kid's yoga, Brain Gym and mindfulness in one book!

Helen Purperhart & Rosalinde Weel



Contains more than 100 simple and short exercises that can be done between lessons with children who need to calm down, or need new energy. They are meant for children between 6 and 12 years old; they can be done in the classroom without any special materials.

There are exercises for children with concentration problems, or if they are stressed, lack motivation, suffer from anxiety or are just tired.

There are individual exercises, for two children or for small groups.

Written by 2 renowned Dutch teachers specialized in special education, yoga and meditation for children.

144 pages with 100 full illustrations.

All rights available.

With yoga into the world

20 lessons for children and people with mental disabilities

Sandra Coobs



This very practical book introduces simple yoga exercises for young children to introduce them to body awareness, relaxation, contemplation and creativity.

There are 20 lessons, described in detail, around special themes such as fairy tales, the zoo, being ill or even bullying. The lessons are made up of the following parts: mantra singing, meditation, breathing exercises, yoga postures, mandala drawing and relaxation. Any primary school teacher can use this book; the instructions are given step by step with many illustrations. This book can also be used by yoga teachers, children's coaches and parents.

About the author:

Sandra Coobs is specialised in children's yoga and yoga for children and adults with special needs.

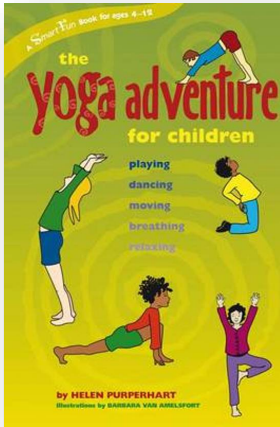
Paperback, 144 pages, illustrated

All rights available.

YOGA FOR CHILDREN AND TEENS

The yoga adventure for children

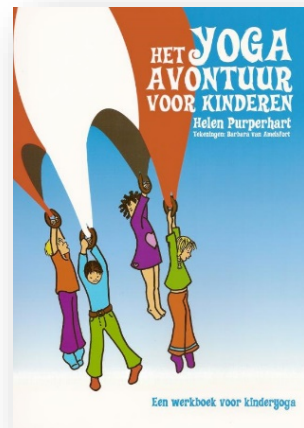
Playing, dancing, moving, breathing, relaxing
Helen Purperhart



The yoga adventure for children is a very simple and practical handbook for anybody working with children. The games make children acquainted with yoga in a playful manner, and with the philosophy behind yoga. This book is a unique combination of yoga, play, dance, music, drama and drawing, and contains 100 games and exercises. For children from 4 - 12 years old.

Paperback, 96 pages,
illustrated

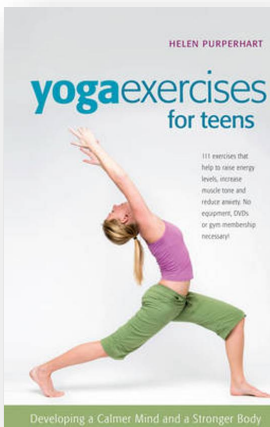
Bestseller!



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English translation available.

Yoga exercises for teens

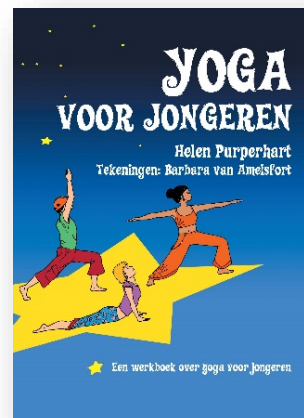
A handbook for teaching yoga to teenagers
Helen Purperhart



This manual can be used by anybody working with children between 10 - 20 years old. It needs very little preparation and can be used by anybody interested in yoga. The games and exercises are especially made to fit the needs of teenagers and teach them to work out and train their body in a relaxed way.

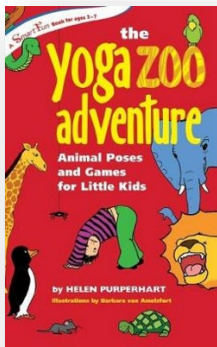
They offer help with concentration problems, stimulate self-esteem and self-confidence and help to develop better social skills.

Paperback, 96 pages,
illustrated



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English translation available.

YOGA FOR CHILDREN



The yoga zoo-adventure

Yoga-movement games for children from 3 - 7 years old

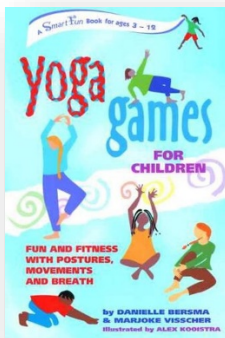
Helen Purperhart

The children pay a visit to the zoo in the form of simple movement games, stories and guided phantasies. On this journey they meet many funny, strange and special animals: suddenly they encounter a tiger, they look into the eyes of a giraffe or a fierce gorilla invites them on his island.

The children are encouraged to act like the animals: to stretch, wiggle, snort and jump just like them!

The introductory part contains practical information for parents and teachers about teaching yoga to young children. An additional part contains many stories and fables about animals, which can be used as an introduction to specific games .

Rights sold to the U.S.A ., China and Romania. English translation available.



Playing with yoga

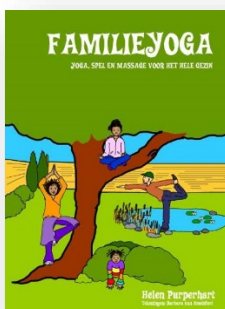
For children from 4 - 12 years old

Daniëlle Bersma & Marjoke Visser

Playing with yoga is an introduction to yoga for children in a very playful way.

It can be used for any group of children in or outside of school, or in yoga classes for children.

Rights sold to USA & Germany



Family yoga

Yoga, games and massage for the whole family

Helen Purperhart

This book by our successful author on yoga for children is aimed at parents and children. It can be used at home, at kindergarten and nursing homes, at holiday camps, and anywhere where parents and children want to do something together. With the exercises and games in the book parents have unique possibilities to improve the emotional and physical intelligence of their children.

Part 1 contains background information for the parents about yoga and the yoga life rules. Part 2 contains the basic poses. Part 3 uses these poses in funny games for the family. Part 4 gives some ideas for playful massage. Part 5 concludes with relaxation and meditation exercises.

Rights sold to Germany.

PHILOSOPHY FOR CHILDREN

Philosophical stories for children

Discovering lifelong values in short stories

Nel de Theije-Avontuur & Leo Kaniok



Bestseller!

A collection of 55 short stories and fairy tales containing timeless wisdom. Some stories come from the collective wisdom of the past, some are specially written for younger children. They are meant for children of 6 - 12 years old. Each story is followed by suggestions and questions to reflect on its essence and value .

The stories cover all the big values in life and are from all cultures: they are about universal themes as happiness, love, friendship, peace, freedom, respect and equality.

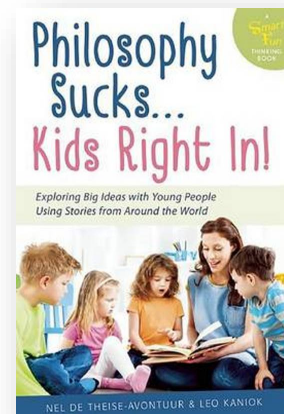
The open questions stimulate

the children to experience the story more intense, and stimulate self-reflection and finding personal answers to the big questions of life.

Can be used by teachers in primary schools, by supervisors in youth work or by parents at home.

Paperback, 128 pages, full colour.

Rights sold to Germany and USA.



New philosophical stories for children

Old and new stories about life values for children

Nel de Theije-Avontuur



A collection of new stories from all over the world for children of 6 - 12 years. The stories from different cultures will generate questions regarding ethics and making moral choices. They can inspire lively discussions about subjects the children encounter in their daily life. The new stories are often about animals who encounter in their world the same emotional dilemma's as the children, so they can easily identify.

All the stories are followed by practical instructions about how to use them in classroom situations.

The first book of philosophical stories (Filosoferen met kinderen) became a great success.

Paperback, 120 pages, full colour illustrated.

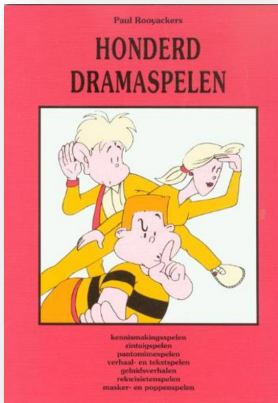
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LEARN & PLAY WITH DRAMA GAMES

100 drama games

For educational and youth work (4 - 16 years)

Paul Rooyackers

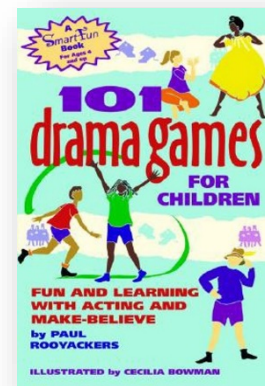


Bestseller!

variations which can be used in all kinds of situations and as part of many different classes at school. The book includes ten categories of drama games: introduction games; sensory games; mime games; story games; sound games; games using props; games using masks; games using puppets; games using costumes; games using scripts. The book contains many humorous illustrations.

100 drama games includes many different types of drama games which can be used with very little preparation by teachers and activity leaders both within and outside the mainstream of education. The book offers an insight into how a drama activity should be prepared and planned. The drama games are simple for anyone to perform and can be used at all kinds of different levels and situations: age-groups, duration, suggestions for music and props are all indicated.

The first section offers insight into the educational aspects of drama and includes innumerable tips for practical uses of drama games. The second part contains one hundred drama games with many



Rights sold to Germany, Finland, U.S.A, Portugal, Spain, Turkey and China. English translation available.

100 new drama games

For educational and youth work

Paul Rooyackers



You will also find many suggestions for the teacher.

100 new drama games is a successor to *100 drama games*, for everybody working with children between 4 and 16 years. This book includes 100 totally new drama games for all age groups, arranged in 10 categories: mirror games, dialogue games, energy games, status games, metamorphose games, trust games, improvisation games, live computer games and game projects.

The book explains how to prepare a drama game in a classroom, how to organize a drama lesson based on games and how to develop a drama game into a presentation. You



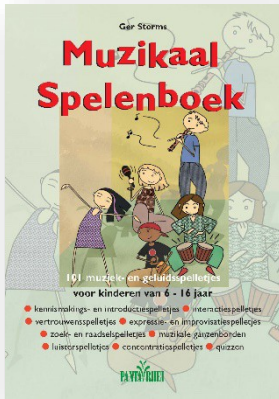
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EDUCATIONAL MUSIC GAMES

101 music games for children

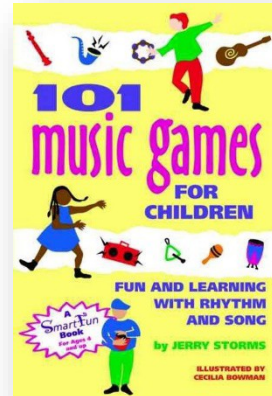
Ger Storms

International
bestseller!



250,000 copies sold worldwide! Available in 13 languages

101 music games for children can be used by anyone in almost any educational situation. The games are mainly concerned with social and creative education and require no special musical abilities. The book contains games for every age group: listening games, concentration games, introduction games, interaction games, trust games, expression games, improvisation games, seeking and guessing games and quizzes.



101 music games for children has

become extremely popular in the world of music teaching and creative education in Holland, and in many other countries all over the world. It is regularly used in numerous infant, primary and secondary schools, in music, drama, dance and sports. Age group 6 - 16 years.

Rights sold to: UK, U.S.A., France, Denmark, Norway, Portugal, Germany, Sweden, Greece, Poland, Taiwan, Spain, China. English translation available.

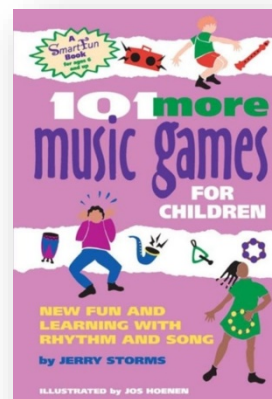
101 more music games

Ger Storms



A collection of new music games from the author of the best-selling 101 music games for children!

As well as the familiar categories of listening, concentration, expression and movement games, this book includes relaxation, rhythm and intercultural games. As in the first book, these games are designed to develop social and creative skills through musical means: learning to listen, to concentrate, to increase creative expression and co-operation.



Some categories of this collection games are more focused on developing basic musical skills.

101 more music games is an indispensable book for all those involved in creative music teaching to groups of children between 6 and 16, both within and outside the school system.

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LEARN & PLAY WITH DANCE GAMES

100 new dance games

For educational and youth work

Paul Rooyackers



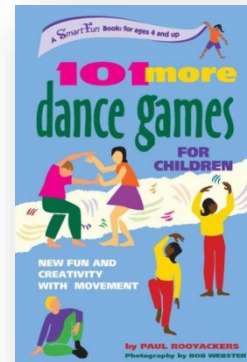
This book contains 100 dance games for creative dancing with children from 4 - 16 years old. It is a successor to 100 Dance Games by the same author, published in 1993, which has been translated into 4 other languages.

The new book contains 100 totally new dance games, similar to the games in the previous book, most of them very easy to do. They are meant for teachers at basic schools, dance, drama and music teachers, youth workers and creative therapists. The first part of the book contains practical

information for the teacher, and explains what dance games are, how to organize a dance session and how to teach the games.

The second part consists of descriptions of 100 dance games, divided into 10 categories: Introductory games, animal dance games, character dance games, body dance games, dance a story, dancing with props, street dance games, music dance games, art dance games, dance notations.

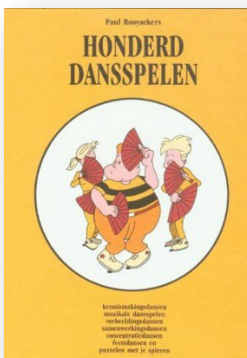
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100 dance games

For educational and youth work

Paul Rooyackers



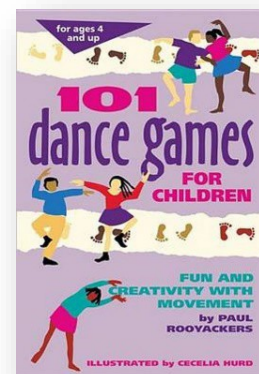
This book contains one hundred dance games for all kinds of educational and group work, and for all ages. These games can be used without much preparation by primary and secondary school teachers, by teachers of dance, drama and music, by creative therapists and by anybody working with groups. Age group 4 - 16 years.

The first part gives information and instruction about the practical use of the games. The second part contains the description of 100 games, each with several variations. Duration of the games, age and necessary materials are indicated above each

game. All the games are developed in practical situations. The author is a well-known dance and drama teacher in Holland, with over 20 years of experience. There are 11 categories of dance games:

introductory dances; dancing with your hands; interaction dances; co-operation dances; dance games with props; fantasy dance games; musical dance games, dancing a story, using your muscles, party dances, concentration dance games.

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LEARN & PLAY WITH LANGUAGE GAMES

100 language games

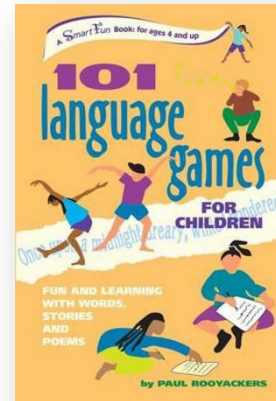
For educational and youth work

Paul Rooyackers



This book contains many different types of language games which can be used with a minimum of preparation by teachers and activity-leaders both within and outside mainstream education.

The book offers an insight into the planning and preparation of a series of classes and covers both the written and spoken word in the fields of stories, poems, word-games and the art of story-telling. It also includes games for children who cannot yet read or write which will introduce them to the fun of words and language. The games



are simple for anyone to play and can be used at all kinds of levels and different

situations. The recommended age-group (4 - 16 years), duration and props or materials where required are clearly indicated. The games can be used in any language: they are not aimed at language teaching! There are nine categories of games: letter-games; games with a newspaper; sensory games; introduction games; sound games; story-telling games; word games; story-writing games; poetry games.

Paul Rooyackers is a teacher of language expression, drama and dance with considerable experience in various forms of education including youth-work and creative therapy.

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100 new language games

Introductory games, poetry games, story games, emotion games, writing games, word games

For children from 4 - 14 years old

Paul Rooyackers



The long expected sequel to the first successful book with language games by Paul Rooyackers, published in 5 languages. The new book contains 10 different categories of language games that can be used in any subject and in any class.

The aim of the games is to teach children to be creative with their own language and to discover new possibilities in their verbal and written forms of expression.

It can be used by any teacher in basic or secondary school or in workshops for creative education.

Recommended time and age group is indicated at every game.

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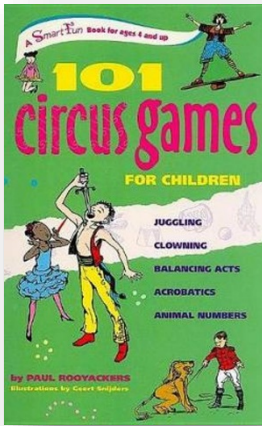
DRAMA/THEATRE TRAINING

100 circus games

New circus games for children from 4 – 16 years

Acrobatics – juggling – clowns – magic tricks – tightrope – animal acts

Paul Rooyackers

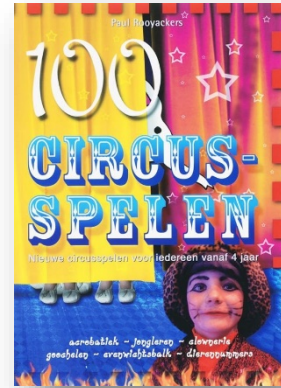


This book contains 100 new games for children's circus, to be used by teachers of drama and creative education in primary or secondary schools.

The games are structured for 3 different age groups; most of the games are short and easy and can be practised in one lesson.

There are juggling acts, acrobatics, clown acts, magic tricks, tightrope and animal acts; some of them are very funny.

With suggestions for organizing a performance of children's circus, and illustrated with many drawings.



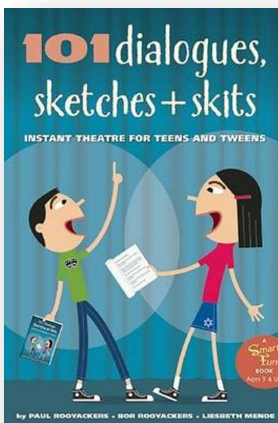
The games can be used in drama, dance or P.E.-lessons, for performances or just for fun!

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100 dialogues

Short drama dialogues for everybody from 12 years up

Paul Rooyackers, Bor Rooyackers, Liesbeth Mende



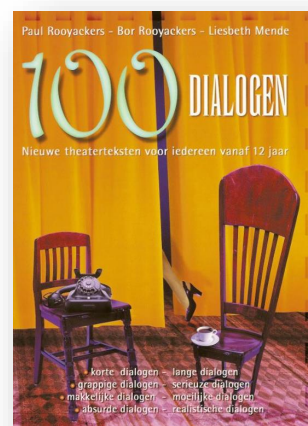
100 dialogues is a collection of short drama dialogues with suggestions for instant playing, intended for drama teachers working with teenagers (12 – 18 years old). They can also be used by professional or non-professional theatre-training groups.

The dialogues are simple, will appeal to teenagers, and can be practised and performed with teenagers, and can be practised and performed with a minimum of preparation or experience. The subjects of the dialogues are related to the lifestyle of teenagers (12 – 18- years): falling in love;

quarrelling; gossiping; pets; food; parents; jealousy; jobs; joking; drinking; clothes; hobbies; movies etc. The book contains many practical tips and suggestions so that teachers will find them exciting to work with.

The dialogues are divided into 11 chapters, each based on a central theme.

Paperback, 196 pages, illustrated. Rights sold to U.S.A., Germany. English translation available.



DRAMA/THEATRE TRAINING

100 dialogues for children

Short dialogues for children from 8 – 12 years

Paul Rooyackers, Bor Rooyackers, Liesbeth Mende



A last collection of 100 ready to play dialogues for younger children.

Most of these dialogues are short, funny and simple, but there are also longer, more serious and more complicated dialogues. For teaching drama in an easy, practical and playful way. They are divided into 3 groups:

1. dialogues for children of 8 – 9 years
2. dialogues for children of 9 – 10 years
3. dialogues for children of 10 – 12 years

They are meant for instant playing with little preparation, and can be used by basic school teachers and drama teachers or by anybody working with children in the age of 8 – 12 years old.

The book has an introduction with background information and many practical tips for the teacher.

Paperback, 196 pages, illustrated.

All rights available.



Do's, Don'ts and How To's

Practical tips about what, and what not to do, while working with groups

John Visser

What do you have to consider when you are working with a group on a regular base? How can you prevent common mistakes? Answers on those questions you will find in this book full of tips, do's and don'ts concerning working with groups. The book is written for teachers, group leaders and students Social Studies.

This book contains four parts: the subject of **part one**: do's and don'ts while working with groups in general. The focus is on organizing activities, and on communication with groups in general.

Part two is more focused on specific groups. They include helpful tips that are often forgotten in the educational training.

Part three starts with the explanation of the Act-in/Act-out principle: the two ways that people deal with new, challenging situations and the consequences for you as a group leader.

Part four: a series of games aimed at positive changes of social behavior.

About the author:

John Visser is a professor at the HAN University of Applied Sciences in the Netherlands. Furthermore, John is teaching intercultural communication at the University of Saint Joseph, Connecticut, USA.

Paperback, 160 pages, illustrated. Rights sold to U.S.A.. English translation available.

CHILDREN'S COACHING

Creative coaching activities for children

Workbook for parents and professionals
Helen Purperhart & Marion van der Laarse



This book provides parents, educators and professionals with practical tools and inspiration to help, stimulate and support children who feel out of sorts. In the first three short parts you will find useful background information and a description of the different kinds of creative exercises that can be applied:

- **Exercises for reflection**, by means of questions
- **Creative assignments**, drawing, painting or molding
- **Body work**, awareness of body language and emotions
- **Emotional games**, for making contact with emotions the child finds difficult to cope with
- **The power of imagination**, to loosen oneself of non-helpful images
- **Magic spells**: short, helpful affirmations

The fourth part contains all creative activities sorted by topic (such as anxiety, sensitivity, nervousness, jealousy). Each activity is described in a way that makes it possible to apply it directly. With full colour drawings.

About the authors:

The well-known children's yoga teacher **Helen Purperhart** wrote several books about children's yoga and coaching. Many are translated in several languages. **Marion van der Laarse** has her own coaching office for Artistic Counseling in Almere, The Netherlands.

Paperback, 184 pages, with full colour illustrations. All rights available.

The big survivalguide for children

Tips for everyone to make life (even more) fun!

Theo Legters



This self-help book for children was written by the Dutch primary school teacher and NLP Master Practitioner Theo Legters. It is intended for children from 8 years on to help them develop a more positive self-image. With lots of practical tips, games, stories and other things to do, think and talk about along the way.

Important topics are:

- lack of self-esteem,
- lack of motivation,
- bullying,
- divorced parents,
- fighting
- and friendship.

Theo Legters based this child friendly guide on various NLP techniques and his life long experience as a primary school teacher and children's coach.

Hardcover, 200 pages, with full colour illustrations. All rights available.

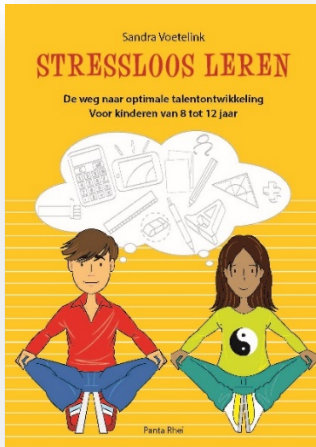
CHILDREN'S COACHING

Learning without stress

Developing children's talents in the best possible way

For children from 8 – 13 years

Sandra Voetelink



This ready to use book contains 12 detailed lessons aimed at reducing stress and learning to cope with the causes of stress. The students learn to understand their own behaviour, thoughts and emotions, and learn to switch between moments of tension and release.

The lessons contain exercises for reflection, for activities, for release and gaining energy, and relaxation.

About the author:

Sandra Voetelink is a professional sportswoman and specialized in using stress reduction techniques in coaching and training sport clubs. She also uses these techniques in schools.

Paperback 220 pages, full colour illustrated throughout
All rights available.

Revelations of a child's face

About face reading by means of universal characteristics for a better understanding of children and yourself

Alie Relker



This book is meant for everyone who is privately or professionally engaged with children. This new point of view on children gives you tools to learn how to see them and yourself in a different light. Face reading is not so much a method as it is more an addition to your practice. It is an art that requires training to be able to use it in a respectful way.

By means of these universal characteristics you can learn to: understand your child and other children more easily; connect more easily with the way children experience the world; connect more easily with the personal strengths and qualities of children; gain an understanding and respect for the individuality of children; support and strengthen the skills of children.

About the author:

Alie Relker works as a children's coach, she supports learning processes and processes of change. The base ingredients of her work are body feedback, kinesiology, the emotional compass and the art of face reading.

Paperback, 120 pages, full colour.

Rights sold to Germany.

HEALTH – NEW!

Give wings to your words

Helping children with stories

Anneke van der Meer



This book for parents, therapists and children's coaches consists of very practical information with many examples of how we can help children cope with their problems by using self-made stories in the form of fables or fairy tales. The stories are simple and symbolic and usually animals replace people from real life; the child is not told to change its behavior, but the animals find ways to solving the child's problem. The author gives many examples from her own practice and teaches the reader how to create such healing stories, alone or together with the child.

The healing stories are especially effective with problems like bullying, feelings of fear and unworthiness, nightmares and stress.

About the author:

Anneke van der Meer was originally a teacher in French and Spanish, but studied also bio-energetics, aura-reading and

hypnosis for coaching adults. Since a long time she also developed this special therapy for helping children with healing stories. This book is also used as study material for writing courses.

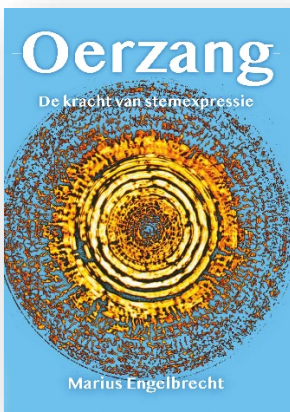
Paperback, illustrated, 184 pages.

All rights available.

Primal Singing

The power of voice expression

Marius Engelbrecht



Primal Singing is an inspiring handbook about the healing power of singing and voice expression in general, and about special ways to use the healing power of your own voice.

Voice expression as developed by Marius Engelbrecht is a playful way to free your voice from physical and mental blocks and discover deeper levels in your life. Different ways of singing have always been a strong element in creating a connection between groups of people in the past.

The book contains a lot of interesting background information about the healing effects of expressive singing, as well as many practical exercises that the reader can do for himself. These exercises release deep hidden primal forces, so that the energy can flow again and the self-healing power of the body is activated. A very inspiring book for everybody who wants to do more with his voice, alone or in groups.

About the author:

Marius Engelbrecht is a very well-known workshop leader and studied acting, hypnotherapy, NLP and bodywork. In his work as a hypnotherapist he discovered that people often experienced a breakthrough when asked to make free sounds. That developed into "voice expression".

Paperback, full colour, 200 pages, with sound recordings of the exercises. **All rights available.**

HEALTH – NEW!

Natural beauty from your own kitchen

About skincare and how to make your own beauty products

Döndü Mens Yilmaz



All recipes in this book are based on natural food from your kitchen and fridge; that means anything you can eat. The message of this book is: what you don't eat you don't put on your skin!

The author is of Turkish origin and developed the products in this book for her own practice as a skin specialist. The recipes can be used daily by anybody and are absolutely safe. The book also advocates attaining natural beauty by natural means a natural beauty, so that chemical products are not necessary anymore.

The book gives also information about the function of the skin, the influence of food and surrounding factors on the skin, and the different types of skin. It contains a list of vitamins and ingredients and their effect on the skin. But most important: many recipes that are good for your skin and fun to eat!

Paperback, full colour, 200 pages.

Rights sold to Turkey.