



Bee Still: An Invitation to Meditation

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When the buzzing hustle and bustle of the busy hive becomes too much for a peaceful honeybee like Bentley, he finds a sunny yellow daffodil to calm himself on, attracting the attention of the other garden animals. Through this engaging introduction to the benefits of practicing meditation, children and adults will learn how to focus emotions and relieve stress and anxiety along with Bentley and his friends as they gather together to breathe and “bee” still.

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