



A Treasure in the Peaks: Learning to Meditate

Ramiro Calle, Nívola Uyá

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After *Yoga in the Jungle*, our two friends from different cultures continue to learn as they travel through India. In the world's highest peaks, they will discover that the most valuable treasure of all for a happy, peaceful life is found within each and every one of us.

A Treasure in the Peaks includes suggestions for simple exercises to improve concentration and attention, introducing young readers to the benefits of meditation: focusing on the sound of bird song, feeling each step we take with our feet, or noticing how our heart fills with joy.

Are you ready to climb the highest peaks and learn to meditate?

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