

Guided Mindfulness & Compassion Practices

Click on each title below to link directly to the English or Spanish practice

Breathing Practices

Tuning into the Breath

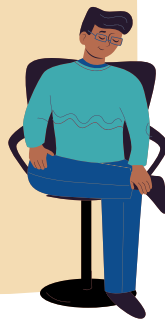
Sintonizarme con la Respiración

+2 Breathing

Respiración Extendida

Be in the Pause Practice

3 Step Breathing Space



Compassion Practices

Self-Compassion Break

Un Momento De Autocompasion

Peace & Kindness Meditation

Paz y Bondad

Gratitude

Práctica de Gratiud

3 - 2 -1 Gratitude for Yourself

Soften, Soothe, Allow Meditation



Practices for Tuning into the Body & Senses

Stress Check

Chequeo de Estrés

Progressive Muscle Relaxation

Relajacion de Musculos Progresiva

Tuning into the Senses

Atención Plena en los Sentidos

Sounds & Thoughts Meditation

Awareness of Thoughts Meditation



English SoundCloud Library

Practices for Parenting & Connecting with Children

Being with Baby

Estando con el Bebé

Connecting with a Child

Conectando con el Niño

Loving Kindness While Feeding Baby

Postpartum Compassionate
Body Scan



Spanish SoundCloud Library