



# MOTHERS AND BABIES

Mindfulness Audio Links

Click on the links below to access the audio recordings:

**Breath Awareness ([English](#)/[Spanish](#))**

**Body Scan Practice ([English](#)/[Spanish](#))**

**Walking Meditation ([English](#)/[Spanish](#))**

**Leaves on a Stream ([English](#)/[Spanish](#))**

**Web of Life, Loving Kindness ([English](#)/[Spanish](#))**

[CLICK HERE](#) FOR ADDITIONAL  
MOTHERS AND BABIES  
IMPLEMENTATION RESOURCES

[mothersandbabiesprogram.org](https://mothersandbabiesprogram.org)

