



Guided audio meditations with Katie Dutcher

Made in partnership with Community Hospital of the Monterey Peninsula. Katie Dutcher, MA, is a founding teacher of Monterey Bay Meditation Studio, a qualified teacher of mindfulness-based stress reduction, and a certified Kripalu mindful outdoor guide.

5-MINUTE MINDFUL BREATHING

Spend a few minutes to slow down and catch your breath, and you'll be glad that you did. Breathing slowly and deeply settles your nervous system so that you can feel more grounded and calm.

10-MINUTE OUTDOOR REFRESHER

Take yourself outside to soothe your nerves and refresh your mind and body. In just a few minutes, experience the nearby nature right outside your door, and awaken your senses as you cultivate mindfulness in nature.

10-MINUTE SELF-COMPASSION MEDITATION

Sometimes the kindest and most beneficial thing you can offer yourself is a little space for YOU. In this short meditation, cultivate the capacity to relate to yourself with kindness and care.

10-MINUTE COMPASSION IN RELATIONSHIPS MEDITATION

Our relationships offer some of life's greatest gifts as well as greatest challenges. In this short meditation, access your innate compassion for yourself and for others. Connect with your own values, inviting yourself to show up in your relationships with kindness and integrity.

15-MINUTE MEDITATION: BODY CONNECTION AND GRATITUDE

Take a little time to release tension and connect with your one-and-only body. Cultivate gratitude as you acknowledge the resilience of your body, exactly as it is, for all that it's done and all that it continues to do.