Mindful Return

Meditations and Short Talks for Working Parents

By Lori Mihalich-Levin, JD, CEO & Founder of Mindful Return

Click Here to access all of Lori's Insight Timer Meditations & Talks in one place or listen to them individually by clicking below:

GUIDED MEDITATIONS



One-Minute Meditation for Slowing Down

4.5 • Guided • 1 min



Morning Meditation for Working Mamas

4.6 • Guided • 4 min



You Are Enough, Mama

4.7 • Guided • 3 min



Meditation for Pumping Milk (Long Version)

4.8 • Guided • 15 min



Meditation for Pumping Milk (Short Version)

4.9 • Guided • 4 min



Meditation for Job Searching

4.5 • Guided • 11 min

SHORT TALKS



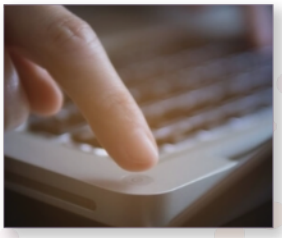
Scarcity & Abundance in Working Parenthood

4.7 • Talks • 6 min



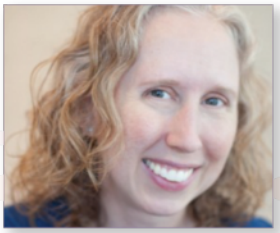
Work Travel as a Working Parent

4.4 • Talks • 7 min



Shutting Down at the End of the Workday

4.5 • Talks • 10 min



How to Set a Daily Intention

4.7 • Talks • 8 min



The Alchemy of Walking

4.4 • Talks • 4 min

Lori Mihalich-Levin, JD, is the CEO & Founder of Mindful Return and the author of *Back to Work After Baby*. Follow her "Tuesday Tips for Working Parents" on Instagram @mindfulreturn, and tune in to the Parents at Work Podcast, which she co-hosts with her awesome hubby, Jason Levin.