

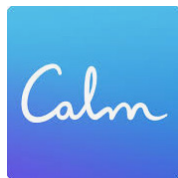


A Few Apps for Mindfulness & Meditation

Scan the QR code to visit each app's website. Then, download any app from the Google Play store or the Apple App store to get started.



Art of Living Journey is an app that offers users guidance on their wellness journey. The app offers meditations, yoga, and more for both beginners and experienced practitioners.



Calm is a free app for meditation, though it is best known for its relaxing music. Calm is available for computer browsers and Android or iOS mobile devices.



Headspace is a free app with a wide variety of meditations, from guided sessions for beginners to less structured programs for those with more experience.



InsightTimer

Insight Timer is a free all-in-one app for meditation, breathwork, yoga, sleep, and more! Search for programs based on your interest and join communities to share your mental health journey.

