

Free Meditation Applications

1) Insight Timer

The app features more than 4,000 guided meditations from over 1,000 teachers—on topics like self-compassion, nature, and stress—plus talks and podcasts.

2) Aura

The same meditation never repeats. Aura claims to target stress, anxiety, and depression. If a short meditation isn't enough, you can also listen to relaxing sounds or try their Mindful Breather feature, where you synchronize your breath to an animated circle that gently expands and contracts—surprisingly effective.

3) Omvana

Its library contains thousands of meditations, and about 75 of those are free, from “Laser Focus” to “Cat’s Purr.”.When you first download Omvana, your library includes about 10 meditations; to add more, it’s necessary to navigate over to the store.

4) Stop, Breathe & Think

Breathe & Think wants to help you get acquainted with mindfulness first. A section called Learn to Meditate explains what mindfulness is, why it’s beneficial, and what to expect when you press play on your first track. It even covers some of the neuroscience of mindfulness and the physiology of stress, in case you’re still skeptical. Stop, Breathe & Think wants to help you get acquainted with mindfulness first.

5) Calm

Relaxing sounds of falling rain play automatically in the background, but you could also opt to be greeted by a crackling fireplace, crickets, or something called “celestial white noise.” Calm features four free “sleep stories”: bedtime stories for adults on everything from science fiction to scenic landscapes to help you transition into slumber.

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Certified Yoga Teacher and Mental Health Advocate
Founder of MIND HEALTH YOGASM
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