

MEDITATION APPS

Whether you're new to meditation or looking to deepen an existing practice, there are many apps that put meditation guidance right at your fingertips. Use them at home or on the go!



CALM: Daily practices, meditation programs, bedtime stories from celebrity contributors and exclusive, soothing music tracks make Calm one of the most popular meditation apps. Free trial then [paid subscription](#). Limited [free options](#) without subscription.



HEADSPACE: Single meditations or courses designed to help you learn and practice meditation skills for a variety of situations and moods. Meditations can be customized and downloaded for listening on the go. Free trial then [paid subscription](#). Limited [free options](#) without subscription.



INSIGHTTIMER: Guided meditations, meditation reminders, courses, and talks from a variety of contributors with a focus on community. You can join groups and engage in discussion based on interests. Free trial then [paid subscription](#). Large catalogue of [free options](#) without subscription.



MYLIFE MEDITATION: Check in with how you're feeling each time you use the app and then access guided meditations based on your mood. You'll also find other activities such as breathing, yoga, or guided journaling. [Paid subscriptions](#) or limited free options.



OAK: Focused on basic mindfulness skills and guided and unguided meditations, Oak is simple, free and great starting app. Customize the duration, voice, and background sounds, and track your practice! Free. [More Info](#).



SMILING MIND: A free app developed by educators and psychologists encouraging just 10 minutes a day. Find programs for adults, youth, classrooms, and the workplace in a variety of topics such as sleep, sports, or stress. Free. [More Info](#).



TEN PERCENT HAPPIER: Offering many of the same features such as talks from top teachers and guided meditations, with the addition of personal meditation coaching for paying members. Free trial then [paid subscription](#). Limited [free options](#) without subscription.



LIBERATE: Liberate is the #1 meditation app for the Black, Indigenous, and People of Color community offering guided meditations, offline content, and talks from leading BIPOC teachers. Free trial then [paid subscription](#). Limited free options without subscription, or [cost assistance](#).

Meditation is a centuries-old practice with roots in Eastern religions. Today, meditation has widespread appeal with both spiritual and secular practices enjoyed across the globe. To learn more about the history of meditation, [click here](#).