

MINDFULNESS / MEDITATION APPS

APP NAME	LOGO	COST	AVAILABILITY	DETAILS
The Mindfulness App		Free	iPhone/Android	5 day guided meditation practice; meditation reminders; personalized meditation offers; timers; Health App integration capability
Headspace		1 st 10 exercises free; optional packages for fee	iPhone/Android	Take 10-first 10 exercises to help you better understand the practice; personalized progress page; reward system for continued practice; buddy system
Calm		Free	iPhone/Android	Guided meditations from 3-25 minutes long; Daily Calm-a 10 minute program to be practiced daily; 20 sleep stories; unguided meditations
MINDBODY		Free	iPhone/Android	Ability to book fitness classes; providers fitness trackers; access to discounts on fitness classes
buddhify		\$4.99-iPhone \$2.99-Android	iPhone/Android	Access to over 11 hours of custom meditations; exercises target specific aspects of life; exercises range from 5-30 minutes
Insight Timer		Free	iPhone/Android	Features over 4,500 guided meditations from over 1,000 meditation practitioners; features over 750 meditation music tracks
Smiling Mind		Free	iPhone/Android	Created for adults and children > 7 years old; sections for educators available for use in classroom settings
Meditation Timer		\$0.99	iPhone	Basic meditation exercises; ability to customize start/stop chimes and background noise
Sattva		Free	iPhone	Daily pre-loaded meditations, chants, timers, mood trackers; ability to monitor heart rate; reward system; explains why meditation is beneficial
Stop, Breathe & Think		Free	iPhone/Android	Over 55 guided meditations; daily mood tracker; ability to customize chimes; exercises focus on sleep, depression and anxiety
Mindfulness Meditation		\$1.99	Android	Developed by a clinical psychologist; 2 audio tracks for meditation; ability to set an intention for exercise
Simply Being		\$1.99	iPhone/Android	Customizable guided meditation experience; sessions range from 5-30 minutes; ability to choose to meditate with a guided voice, nature sounds or both

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Take A Break!		Free	iPhone/Android	Similar to Simply Being, but offers two more guided meditations
Omvana		Free	iPhone/Android	Connects user to simple meditation music or fully guided meditation tracks
Welzen		Free	iPhone/Android	Initial 5 day training course; after training course ability to access guided meditations for adults and children; premium meditations available for a fee
Mindfulness Coach		Free iPhone	iPhone	Created by the Department of Veterans Affairs; tailored specifically for service members and veterans
10% Happier		\$7.99 per month	iPhone/Android	Meditations led by highly respected mindfulness teachers; topics include anxiety, political stress, falling asleep, etc.
OMG! I Can Meditate		\$7.42 per month	iPhone/Android	Meditations that are broken down into life events/interests. Examples: chemotherapy, weight loss
Relax Melodies		Free	iPhone/Android	Simple meditation music to choose from; no guided meditations
Remindfulness		\$2.99	iPhone	Preloaded mindfulness quotes; ability to customize frequency reminders
Just Be		\$0.99	Android	Platform to create personalized mindfulness quotes; ability to customize frequency reminders
In The Moment		\$1.99	iPhone	Developed by a nutritionist to be used when you feel hungry; helps you to determine if you are actually hungry
Mindful Eating Tracker		\$2.99	iPhone	Helps to track eating and drinking throughout the day, as well as your satisfaction with and enjoyment of those things
Am I Hungry?		\$2.99	iPhone/Android	App walks you through mindful eating process when you are hungry by asking why, when, what, how and how much