

MEDITATION APPS

1 GIANT MIND



Android: Free.

iOS: Free.

<http://www.1giantmind.org/>

Learn to meditate in 12 easy steps with this Australian app. Has a 30 day challenge to establish a meditation habit. Australian voice, speaks a little too quickly

3 MINUTE MINDFULNESS



Android: Free to download, subscription to continue

iOS: Free to download, subscription to continue

<http://www.threeminutemindfulness.com/>

There are 7 lessons, spread out over 7 days. Each lesson is approximately 3 minutes long. There are guided meditations to help reduce stress, relieve anxiety and help sleep. Meditations include square breathing (great for taking control of your mind), 4-7-8 breathing (used for getting to sleep),

5 MINUTE ESCAPES – GUIDED MEDITATION AND RELAXATION



Android: Free, paid upgrade to all 18 sessions.

iOS: Free, paid upgrade to all 18 sessions.

No website

5 Minute Escapes - Guided meditation and relaxation includes a variety of options for calming scenes, from a Greek fishing village on a summer morning to the sound of rain and thunder from a distant storm. The soothing sound effects, music, and calming voice lead the listener through guided meditations of varying lengths.

5 MINUTE RELAXATION - GUIDED MEDITATION



Android: Free, paid upgrades.

iOS: Free, paid upgrades.

No website

A combination of vocal guidance, soothing music and relaxation sounds. The app can be used to automatically guide sleep. Every session takes 5 minutes from start to finish.

AT EASE



Android: \$\$\$\$

iOS: \$\$\$\$

www.meditationoasis.com/apps

The app was designed for the relief of anxiety and worry. It features recorded instructions, from the index to the guided breathing. There are three choices of meditation ranging from 9 to 12 minutes in length with three music options. Each meditation has a different purpose. The journaling pages have recorded instructions so the user can get their thoughts and experiences recorded in a written format. While the premise behind the instructions given is based in a meditative tradition, they have some of the basics of CBT and other accepted anxiety therapy techniques.

AURA



Android: Free, paid monthly sub full version.

iOS: Free, paid monthly sub full version

www.aurahealth.io

Aura is straightforward and gives a new, personalized, three-minute meditation every day. The same meditation never repeats. To personalize the experience, Aura initially asks about the user's age and how stressed, optimistic, and interested in mindfulness they are. The daily meditation that appears are chosen to reflect the user's mood: Aura claims to target stress, anxiety, and depression. The Mindful Breather feature, synchronizes the breath to an animated circle that gently expands and contracts. There are gratitude prompts on the home screen.

BREATHE AND RELAX



Android: \$\$\$\$

iOS: \$\$\$\$

www.meditationoasis.com/apps

This guided meditation app will help the user develop the habit of breathing in a natural, relaxed way throughout the day. The app uses 3 breathing techniques to encourage stress relief, relaxation and more energy. The breathing exercise is a simple voice-guided exercise to help the user breathe in a natural, easy way. This technique guides the user to tune into their body and discover their own, natural way of breathing. The 2 - four breathing break audios are designed for brief breathing breaks during the day. There are four to choose from, each with a different focus and include basic breath awareness, deep breathing, pleasure breathing, and belly breathing. The 3 - breathing reminders remind the user to relax and breathe more deeply. The user can set when they want to be reminded, and can choose from voice prompts, sounds or use the silent mode and receive visual reminders.

BUDDHIFY



Android: \$\$\$\$

iOS: \$\$\$\$

www.buddhify.com

Buddhify is built around the user with meditations that target every aspect of life, from sleeping, to traveling, to being online. There are 80 different guided meditation tracks, ranging from five to 30 minutes. Buddhify is purchased upfront and has no in-app purchases. The meditation sessions are organised by theme such as waking up, taking a work break, feeling stressed, dealing with difficult emotions and struggling to get to sleep.

CALM



Android: Free 7 day program, paid subscription for full program

iOS: Free 7 day program, paid subscription for full program

www.calm.com

Calm begins with a seven-day program where the user can choose between options for sound and length of time, as well as scenes from nature to visually focus on while meditating. Other features include multiple guided as well as unguided sessions. When ready for more than the seven-day program, there is a paid subscription for the 21-day program. The subscription includes a seven-day sleep program for people who have difficulty sleeping.

HAPPIFY



Android: Free

iOS: Free

<http://www.happify.com/>

Happify will help the user to learn new habits, deal with negative thoughts and build self-confidence using a set of science-based activities and games.

HEADSPACE



Android: Free 10 sessions, yearly subscription

iOS: Free 10 sessions, yearly subscription

www.headspace.com

This British app is perfect for beginners. Their level one course features easy, 10-minute sessions for each day that will help the user get into the habit of meditating regularly. There are reminders, and the user can choose to focus on aspects like foundation, health, and performance. Once the user has mastered level one, a subscription can be purchased that allows access to even more features and options. Headspace comes with a simple, clear stats screen, a personalized progress page and a buddy system, which lets the user and a friend encourage each other.

INSIGHT TIMER



Android: Free

iOS: Free

www.insighttimer.com

This free meditation app features more than 4,000 guided meditations from over 1,000 teachers on topics like self-compassion, nature, and stress.

The app also contains talks and podcasts. The app has a timer that can be set so that the user can meditate to intermittent bells or calming ambient noise. Insight timer is not a step by step program but has a great variety of meditations to choose from.

iSLEEP EASY



Android: Basic version free, \$\$\$\$ for full version

iOS: Basic version free, \$\$\$\$ for full version

www.meditationoasis.com/apps

The iSleep Easy Free app contains three guided meditations to help the user fall asleep and sleep deeply. They can listen to the meditations with or without music or nature sounds. Tracks include sleep affirmations to help set the stage for falling asleep, belly breathing which is an easy exercise for quick relaxation and relax into sleep which enables easy relaxation into sleep. The paid version of the app contains both brief sleep meditations and longer meditations which can be used on their own or in a playlist. It includes 9 guided sleep meditations to listen to with or without music or nature sounds, 4 music choices and 5 nature sounds, a sound mix feature to listen to music and nature sounds alone, 3 preset playlists with a combination of meditations and the ability to create individualised playlists and tips for falling asleep

MEDITATION TIMER PRO



Android: Not available

iOS: \$\$\$\$

No website

Meditation Timer Pro allows the user to meditate in whatever manner they prefer, for as long as they like. It features default sessions as well as customizable sessions. Each session includes prep time, intervals, and a cool down, with the ability to choose different sounds for each section.

MINDBODY CONNECT



Android: Free

iOS: Free

www.mindbodyonline.com

MINDBODY gives the user the ability to find the fitness and health services. The app features reviews and the ability to book appointments.

OMG! I CAN MEDITATE



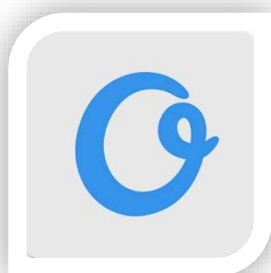
Android: Free, full version available with monthly subscription

iOS: Free, full version available with monthly subscription

www.omgmeditate.com/meditation-app

OMG I Can Meditate has both basic ("5 Minute Meditation") and highly-specific ("Becoming More Playful") meditations. The app has self-compassion meditation sessions including Blanket of Love which aims to leave the user with a feeling of love for themselves and the world around them. Included in the app is an alarm function, which allows the user to link a "wake up track" to their regular phone alarm. While the basic version is free, the seven-day challenge is included in the monthly paid subscription version.

OMVANA



Android: Free

iOS: Free

www.omvana.com

Omvana gives the user access to many meditation sounds, music, and guided sessions with meditation experts. Focus options include: mindfulness, stress, relaxation, sleep, and more. The user can choose the length of each meditation session, from three minutes to an hour. A unique feature of this app is the background music mixer, which allows the user to mix music and create the perfect sessions for their needs. The apps' library contains thousands of meditations, and about 75 of those are free, from "Laser Focus" to "Cat's Purr." Beginners are encouraged to start with an eight-minute "Day 1" session. The "6 Phase Meditation" guides you through different practices over the course of 20 minutes, including forgiveness, gratitude, and connection.

PAUSE



Android: \$\$\$\$

iOS: \$\$\$\$

<http://www.pauseable.com>

PAUSE is based on the ancient principles of Tai Chi and mindfulness practice and encourages users to put their finger on the screen to touch a small, amorphous blob, and move it around very gently. As the user moves their finger they are encouraged to slow down or keep going. As they move the blob it swells in size, until it grows large enough to fill the screen. At which point the app suggests you might want to close your eyes and experience that elusive moment of calm. There is also a soothing soundtrack of ambient sounds (birds chirping, water washing) delivered via earbuds-only for a more immersive experience.

RELAX MELODIES



Android: Free

iOS: Free

No website

Relax Melodies is designed to aid with sleep and its calming sounds or music can be mixed to create a personalized experience

SATTVA



Android: Not available

iOS: Free

<https://www.sattva.life/apps>

Sattva is an advanced meditation timer that tracks progress. This app features challenges and rewards to help encourage the user, and features guided meditations and chants, as well as a heart rate monitor, mood tracker, and statistics feature.

SIMPLE HABIT



Android: Free

iOS: Free

www.simplehabit.com

Simple Habit is a 5-Minute Meditation app and offers 5 minute audio meditations for specific scenarios, like having a tough day or needing to get a good night's sleep. The app has a larger library of longer mindfulness content uploaded by the teachers on its platform which is divided into topics like stress, personal growth, kindness, relationships and work.

SIMPLY BEING



Android: \$\$\$\$

iOS: \$\$\$\$

www.meditationoasis.com/apps

Simply Being contains guided meditation for deep relaxation deep relaxation and stress relief. Users can choose from 5 meditation times and are given the option of listening to the guided meditation with or without music or nature sounds. Music or nature sounds can also be played alone and the user can choose how long to listen to the music or nature sounds after the voice guidance finishes. Meditation length of 5, 10, 15, 20 or 30 minutes are available through the app.

SMILING MIND



Android: Free

iOS: Free

www.smilingmind.com.au

Smiling Mind is an Australian not-for-profit that was created to increase happiness and compassion in the world. The app contains programs designed by age group, and is great for kids, teens, and adults. The simple design of the app makes meditation easy for all ages.

STOP, BREATHE & THINK



Android: Free

iOS: Free

www.stopbreathethink.com

Stop, Breathe & Think contains a section called Learn to Meditate which explains what mindfulness is, why it's beneficial, and what to expect. It even covers some of the neuroscience of mindfulness and the physiology of stress. The app features nearly 30 free sessions, many of which come in different lengths and different voices. Most of them are short, up to 11 minutes, and the user can choose to work around themes like breathe, connect with your body, or be kind. The app contains a meditation timer that can be used with or without relaxing forest sounds. There is a progress page and the option of recording emotions before and after each meditation. Free meditations include mindful breathing, body scan, engaging your senses, mindful walk, nature sounds, gratitude, change, commonality of suffering, cause and effect, kindness, equanimity, compassion, joy, great compassion, relax, ground and clear, falling asleep, lion mind, forgiving yourself, and counting breaths.

SWAY



Android: \$\$\$\$

iOS: \$\$\$\$

<http://www.pauseable.com>

SWAY is an 'interactive meditation' experience which uses a mobile phone to track the user's movement and provides feedback to help them gain focus and improve attention. It has six unique levels to help learn new mindfulness techniques. Sway focuses on mindful movement and relies on slow, continuous motion, encouraging the user to find their own way to practice mindfulness in any given situation. These range from simply moving the phone while sitting down or lying in bed, to gently swaying the body while waiting for the bus or even walking slowly around the office. Sway is based on the ancient learnings of Tai Chi and mindfulness and uses a patented 'attention feedback loop' and interactive technology to detect human voluntary attention through slow, continuous and gentle movement. It has been scientifically validated to provide similar results to existing forms of modern meditation such as 'guided meditation', but has been proven to work better in active and noisy environments.

TAKE A BREAK



Android: Free

iOS: Free

www.meditationoasis.com/apps

The Take a Break app is a series of guided meditations for stress relief. The app allows the choice between a short break or a longer meditation break. Both options can be used with or without music and for those new to meditation, there are easy instructions for how to get started. It is simple and straightforward without being bogged down with additional features.

THE MINDFULNESS APP



Android: \$\$\$\$

iOS: \$\$\$\$

www.themindfulnessapp.com

The Mindfulness App is one of the most accessible apps, offering a catalogue of meditation tracks with and without narrators, ranging from three to 30 minutes in length. There is an introductory series for those new to meditation and a number of other meditations included in the download price. At an additional cost there is also a premium library. The app has an inbuilt reminders and lets the user set the length of each session, and choose silent or guided mindfulness sessions.

WALKING MEDITATION



Android: \$\$\$\$

iOS: \$\$\$\$

www.meditationoasis.com/apps

The Walking Meditation app enables the user to enjoy the benefits of meditation as they walk. Walking meditation can be just as profound as sitting meditation. It brings the meditative experience into daily activity. The app also allows the user to make notes about their experiences and insights.



Android: Free.

iOS: Free.

<https://www.zenfie.com/>

Zenfie consists of an initial 'discovery' module containing 10 free meditation sessions. Once the first ten sessions are completed the user can move through the progressive programme (Discovery, Initiation and Advanced modules) and gain access to almost 100 sessions adapted to their needs