

# Meditation apps we recommend

## 10 Percent Happier



***'Learn to meditate from the world's top mindfulness experts'.***

10 Percent Happier is a wonderful app with guided meditations that you can do anywhere. They also have a wonderful podcast you can subscribe to that covers topics from sleep to stress to how to parent in a pandemic.

Click the link below or search it up in the app store to download now!

<https://www.tenpercent.com>

## Bloom

***'The must have mindfulness and meditation app'***



Bloom is an app for your iPhone or iPad that provides you with tools to help you sleep better, reduce your stress levels and live a more relaxed lifestyle. These tools include guided meditation, visual meditation, breathwork, music and affirmations.

Find it in the app store and try it out with a seven day free trial!

## Headspace



***'All you have to do is close your eyes, stay focused on your breathing, and let your mind do its thing... just a place of stillness'***

Headspace is a website or app for meditation for beginners that takes you through each step of meditation- from what to wear to duration.

<https://www.headspace.com/meditation/meditation-for-beginners>

Check out this awesome article to learn more!

<https://www.yogajournal.com/yoga-101/science-breathing>