



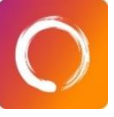




## Smartphone Relaxation App Ideas

Smartphone app	How it supports mindfulness	Cost
<b>Calm</b> 	Calm provides mindfulness and meditation experiences. Experience a five minute daily calm exercise, focus on breath awareness, select a meditation program, and learn about mindfulness and its effect on sleep. You can also change the scenery and sounds through a menu of options.	Free, in-app purchases
<b>Omvana</b> 	Omvana gives you access to many meditation sounds, music, and guided sessions with meditation experts. Focus options include: mindfulness, stress, relaxation, sleep, and more. You can choose the length of each meditation session, from three minutes to an hour.	Free, in-app purchases
<b>Headspace</b> 	Headspace makes it easy for people just learning the art of meditation. Their level one course features easy, 10-minute sessions for each day that will help you get into the habit of meditating regularly. There are reminders, and you can choose to focus on aspects like foundation, health, and performance.	Free, in-app purchases
<b>Smiling Mind</b> 	Smiling Mind is a nonprofit that was created to increase happiness and compassion in the world, and this app is one step toward that goal. With programs designed by age group, this app is great for kids, teens, and adults.	Free, in-app purchases
<b>MINDBODY Connect</b> 	MINDBODY gives you the ability to find the fitness and health services that are right for you. You can read reviews and book appointments right on the app. If you are looking for a new yoga studio, a massage therapist, or a deal on local classes, the MINDBODY app can help. It allows you to manage your schedule and goals in one convenient place.	Free, in-app purchases
<b>Relax Melodies</b> 	Relax Melodies is designed with a good night's sleep in mind. If you have difficulty getting to sleep or feeling rested in the morning, then this is the app to try. Beyond sleeping, the app is great for any situation that requires calming sounds or music, like yoga, massage sessions, or just simple relaxation.	Free, in-app purchases
<b>Take a Break</b> 	The Take a Break app allows you to do just that — take a break. You can choose between a short break or a longer meditation break. Both options allow you to choose with or without music and, if you are new, there are easy instructions for how to get started. The app was designed to give users a quick and uncomplicated break to help relieve stress whenever you need it.	Free, in-app purchases
<p><b>New apps are added to smartphones regularly. It's great to do a search and see what's new and what's free!</b></p>		