



Meditation and Wellness Applications

Application Name: *Headspace*

Brief Overview: A guided meditation application (app) that is available on mobile devices and desktop. There is a free and paid version. It is free for a year for unemployed during the pandemic. Meditations are available for adults as well as children, which are broken down by age group. There are also short animations and videos available to watch.

Supported Platforms: All

Suitable Ages: All

Link: <https://www.headspace.com/>

Application Name: *Calm*

Brief Overview: A guided meditation app that is available on mobile devices. This app is free with optional in app purchases. Meditations, videos, and meditation classes are available for adults and suitable for teens.

Supported Platforms: Android and iOS

Suitable Ages: Adults and teens

Link: <https://www.calm.com/>

Application Name: *Insight Timer*

Brief Overview: A guided meditation app that is available on mobile devices. This app is free with optional in app purchases. Meditations and meditation classes are available for adults and suitable for teens.

Supported Platforms: Android and iOS

Suitable Ages: Adults and Teens

Link: <https://insighttimer.com/>

Website Name: *Mind Yeti*

Brief Overview: A video guided meditation website for children that is available on desktops. This app is free on YouTube and Vimeo with optional purchase options for schools and teachers.

Supported Platforms: The web-based version is undergoing development, though the videos are free on YouTube.

Suitable Ages: Children

Link: <https://www.mindyeti.com/>

Application Name: *Aura*

Brief Overview: A guided meditation app that is available on mobile devices. This app is free with optional in app purchases. Meditations, stories, life coaching, sleep sounds, and music are all available based on your mood when you open the app. The app can keep track of what works for you and can help you develop more mindfulness.

Supported Platforms: Google, Android, and iOS

Suitable Ages: Teens and Adults

Link: <https://www.aurahealth.io/>

Application Name: *Smiling Mind*

Brief Overview: A guided meditation app, that was created by a psychologist. It is a free app. Meditations are available for adults as well as children, which are broken down by adult, youth, classroom, and work. There are also meditations for speakers of other languages as well!

Supported Platforms: Google Play and iOS

Suitable Ages: All

Link: <https://www.smilingmind.com.au/smiling-mind-app>

Please make sure you check the security measures of any application or website-based service you decide to participate in; this way you can make sure that your privacy, children, and data are kept safe and protected.

These are some apps to check out. There's a world of exploration in mindful practices. We encourage you to browse the internet and see what suits your sensibilities, physical capacities, and your lifestyle. Remember that these are only suggestions, we at MDLT are not medical professionals. Always talk to your doctor before starting a new wellness routine.

