

# Mindfulness Content



## Meditations for Sleep

Time (min)

<p><b>Deep down relaxation for sleep</b> Oren Jay Sofer's calm and soothing voice will guide you away from the activity of the day, letting you</p>	15 mins
<p><b>Gently back to sleep</b> Slip back into sleep with a still mind and calm heart.</p>	50 mins
<p><b>Transition to sleep</b> Calm anxiety and stress to relax your mind and body so you can easily drift into a peaceful and restful sleep.</p>	16 mins
<p><b>Gently back to sleep</b> Slip back into sleep with a still mind and calm heart.</p>	50 mins
<p><b>Nightly gratitude</b> Jeff Warren shares his personal nightly gratitude practice, making enjoying and appreciating things your new default mode.</p>	10 mins
<p><b>A meditation to quickly fall asleep</b> This is a calming meditation for those nights when you just can't sleep. Relax your busy mind and release your worries to allow sleep to happen quickly.</p>	9 mins
<p><b>Letting go into sleep</b> Release anxiety and discover a place of inner safety and peace.</p>	32 mins
<p><b>Breathe into sleep</b> This guided meditation invites the listener to focus on the breath as a way of calming the body, preparing for sleep, and then drifting off to sleep.</p>	6 mins
<p><b>Sleep Is the best medicine</b> Release your body, breath, and mind to set yourself up for the deepest sleep.</p>	16 mins
<p><b>Deep sleep release</b> Release tension throughout your body.</p>	15 mins
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<p><b>Yoga Nidra</b> Yoga Nidra, also known as "Yogic Sleep" is a sleep-based guided meditation that is practiced while lying on your back. The practice draws attention inwards through a series of breath and body awareness techniques. The goal is to get you into that state of consciousness between waking and sleeping.</p>	35 mins



	Time (min)
<p><b>Restful sleep</b> Work through feelings of agitation, restlessness, and worry, and embrace total relaxation of the body as a pathway to peaceful rest.</p>	<b>22 mins</b>
<p><b>Stress less, sleep more</b> This class uses a body scan, balancing breaths, and "tense and release techniques" to help you destress and relax in preparation for bed.</p>	<b>19 mins</b>
<p><b>Deep sleep relax</b> Relax your mind and muscles for a soothing slumber.</p>	<b>15 mins</b>
<p><b>When you can't sleep</b> Sharon Salzberg provides an antidote for the cycle of anxiety and frustration that we sometimes get stuck in when we're having a hard time sleeping.</p>	<b>10 mins</b>
<p><b>Power down</b> This meditation with Jeff Warren helps you power down, softening your body and mind with every exhale to sink into a deeper state of tranquility.</p>	<b>12 mins</b>
<p><b>Soothe anxiety to sleep</b> If you're getting into bed with a revved up nervous system, this session with Matthew Hepburn on calm, pleasure, and gratitude will help you gently wind down.</p>	<b>30 mins</b>
<p><b>Closing down for sleep</b> The key to getting a good night's sleep is shutting down a busy mind. A relaxing body scan is one of the best ways to do this. In this meditation, you'll imagine your whole body to be a shopping mall whose lights are turning off for the night, section by section. Watch the final swirls of dust settle down as you drift off into restorative sleep.</p>	<b>7 mins</b>
<p><b>Good night gratitude practice</b> This practice invites you to quickly find ten things you were grateful for this day, and remember them to help you appreciate your life and go to sleep peacefully. It's often the small things in life that can make it most meaningful - so go on, see if you can find ten things!</p>	<b>3 mins</b>
<p><b>Slipping into sleep</b> So often, we try to go to sleep at night in a state of tension, in a state of holding on. As a result, we toss and turn and sleep restlessly. This meditation is designed to help drop all your tensions and worries and slip into a restful sleep.</p>	<b>16 mins</b>
<p><b>Falling back to sleep</b> Falling back to sleep when we wake in the night can be difficult. Allow this meditation to help you let go of your thoughts and easily drift back to sleep.</p>	<b>5 mins</b>
<p><b>Prepare for restful sleep</b> Before going to sleep, take a few moments to review your day and put it to rest.</p>	<b>5 mins</b>
<p><b>Relax from head to toe</b> Guided by a female voice, this body scan meditation moves through your entire body, beginning at the top of your head and ending with the soles of your feet.</p>	<b>22 mins</b>
<p><b>Wind down for sleep</b> Wind down your racing mind with Sebene Selassie and prepare for a restful night of sleep.</p>	<b>15 mins</b>
<p><b>Comfort to help you get to sleep</b> We know sleep is so important, yet often it eludes us. With this practice, you'll learn how to focus on how comfortable you are in your bed and let go of thoughts that keep you awake. Sleep tight!</p>	<b>5 mins</b>



	Time (min)
<p><b>Equal breathing exercise for sleep</b> Prepare your body and mind for sleep with this breathing exercise to calm your nervous system and relax your mind.</p>	<b>20 mins</b>
<p><b>Drift off into sleep</b> Access your body's deep physiological knowledge of how to sleep in this session with Oren Jay Sofer.</p>	<b>15 mins</b>
<p><b>A relaxing body scan</b> Allow yourself to drift off to sleep as you focus on relaxing one area of your body at a time.</p>	<b>15 mins</b>
<p><b>Breathe, relax &amp; drift off to sleep</b> Use your breath to find relaxation throughout your body...</p>	<b>10 mins</b>
<p><b>Beach imagery for sleep</b> Here is an imagery meditation focused on the relaxing sand and waves to settle you into a relaxed sleep. Join me as we settle into sleep.</p>	<b>5 mins</b>
<p><b>How to fall asleep</b> Jeff Warren teaches you a simple effective technique to trust your body and fall into a quiet sleep.</p>	<b>10 mins</b>
<p><b>Toes to head body scan</b> Prepare for sweet slumber with a body scan exercise, guided by a male voice, starting at your toes and moving to your head.</p>	<b>20 mins</b>
<p><b>Belly breathing</b> Relax and wind down for bed with deep, diaphragmatic breathing.</p>	<b>13 mins</b>
<p><b>Return to restful sleep</b> A gentle soothing meditation designed to help you return to sleep should you awaken during your sleep cycle.</p>	<b>5 mins</b>
<p><b>Box breathing exercise</b> Slow down to gain insight and self awareness with the help of this focused breathing pattern.</p>	<b>12 mins</b>





## Meditations for Stress

Time (min)


<p><b>Breath stressbuster</b> This four-part breathing technique with Jeff Warren calms the nervous system, relaxes the body, and is an effective antidote to obsessive over-thinking.</p>	5 mins
<p><b>Emergency calm</b> A meditation to provide immediate relief when overwhelmed or stressed</p>	6 mins
<p><b>Finding grounding to release anxiety</b> Anxiety can often leave you feeling scattered and lost. Allow this short meditation to help you find grounding when you need it most. Vanessa uses tools of breathwork and affirmations to allow you to settle into the present moment and establish a state of calm and relaxation.</p>	7 mins
<p><b>Growing the good</b> Cultivating what's good in us helps during times of both abundance and adversity. In fact, it's when times are hard that we need it the most. Let Kaira Jewel Lingo guide you to grow the good in your life.</p>	15 mins
<p><b>Anxiety release</b> Shift out of autopilot and learn to release the mental and emotional energy of anxiety.</p>	10 mins
<p><b>Mindfulness at work</b> Bring mindfulness into your work life.</p>	11 mins
<p><b>Controlling spiraling thoughts</b> Sometimes we can experience thoughts taking control of the mind. We often forget that we are in control. Whether they are intrusive, detrimental, hurtful, together in moments of spiraling we will learn how to bring it back to the present.</p>	5 mins
<p><b>Hope in the everyday</b> Learning to trust life moment-to-moment is a powerful practice. Strengthen your capacity to trust in this hopeful meditation with Sebene Selassie.</p>	10 mins
<p><b>Calm light</b> Shift out of autopilot and learn to release the mental and emotional energy of anxiety.</p>	10 mins
<p><b>Ready &amp; resilient meditation</b> Strengthen your mind with this 5-minute meditation to thrive no matter what life throws your way.</p>	5 mins
<p><b>Self-kindness for stress</b> Being kind to ourselves in hard times bolsters our resilience, so we can learn from setbacks rather than getting stuck in rumination. Sebene Selassie shows you how in this kindness meditation.</p>	15 mins
<p><b>Relaxing the nervous system</b> Activate the 'rest and digest' system within the body and allow yourself to 'be' rather than 'do'. Soften throughout your body and come to a relaxed state of being.</p>	4 mins
<p><b>5-minute box breathing</b> Sit down, relax and focus on your mental health with five minutes of breathing exercise. You can reduce stress and anxiety by activating your diaphragm.</p>	5 mins
<p><b>Kind &amp; generous intentions</b> Brighten your mind and be a force for good today by practicing intentions of kindness, generosity, and honesty with Jess Morey.</p>	5 mins



	Time (min)
<p><b>Muscle relaxation</b> Feeling stressed or tight? This practice will help you identify and release muscular tension.</p>	<b>7 mins</b>
<p><b>Calming anxiety</b> A breathing meditation to help relieve feelings of anxiety and tension.</p>	<b>5 mins</b>
<p><b>Stress release in 3, 2, 1</b> Learn how this all levels-welcome guided moving or stillness meditation can be used as an active somatic stress release through movement &amp; breathing techniques. Stress release coming up in 3...2...1!</p>	<b>19 mins</b>
<p><b>5-minute meditation for anxiety</b> If you only have a few minutes to spare, this meditation is just what you need to drop your worries.</p>	<b>5 mins</b>
<p><b>15 minutes of peace</b> Through breathwork and visualization, you will experience peace with all that you love and enjoy.</p>	<b>15 mins</b>
<p><b>Loosening the grip of panic</b> Join Sebene Selassie and find freedom from obsessive loops of fear by getting grounded in the body, dropping the stories, and bringing some kindness to the struggle</p>	<b>5 mins</b>
<p><b>A breathing technique to manage stress</b> Learn to lengthen your exhale and create a sense of calm in this quick meditation.</p>	<b>7 mins</b>
<p><b>Clear Your Mind Walking Meditation</b> Feel the ground beneath your feet and your stress floating away on the breeze. Head outdoors and center yourself with this guided walking meditation. After 15 minutes of mindful strolling you'll feel restored and ready to tackle anything!</p>	<b>14 mins</b>
<p><b>Don't take on others' stress</b> Stress doesn't have to be contagious. Jeff Warren will guide you through staying boundaried, calm and kind when stress is in the air.</p>	<b>10 mins</b>
<p><b>Observing thoughts to manage stress</b> Change your relationship to stress by becoming aware of your thought patterns.</p>	<b>5 mins</b>
<p><b>For a moment of panic</b> Soothe and reduce panic with this grounding meditation from Diana Winston that will help you soften anxiety and find safety in your body.</p>	<b>3 mins</b>
<p><b>Ease stress with emotional awareness</b> Navigate stressful situations with more self-compassion by becoming mindfully aware of your emotions.</p>	<b>8 mins</b>
<p><b>Is worrying useful?</b> In this meditation from Dan Harris, learn how taking a step back from your anxious mind can actually help you stop it in its tracks.</p>	<b>5 mins</b>
<p><b>2-minute stress reliever</b> Use this brief, guided meditation to quickly de-stress and relax. Your body and mind will thank you.</p>	<b>2 mins</b>
<p><b>Breathwork: Physiological Sigh</b> This short breathwork meditation helps you manage your stress response and regulate the nervous system.</p>	<b>6 mins</b>



	Time (min)
<p><b>Five minutes to find peace</b> Take a few moments out of your day to uplift your spirit with just five minutes of meditation.</p>	<b>7 mins</b>
<p><b>De-stress at your desk</b> For those moments at work when you're feeling overwhelmed. De-stress, right there at your desk.</p>	<b>10 mins</b>
<p><b>How to calm down</b> Matthew Hepburn guides you in calming your parasympathetic nervous system.</p>	<b>5 mins</b>
<p><b>Breathe and let it be</b> This meditation is an opportunity to connect to your breath and physical body in the moment, wherever you are.</p>	<b>8 mins</b>
<p><b>The reset</b> No time to relax? Mind racing with thoughts? Try this meditation with Jeff Warren.</p>	<b>3 mins</b>
<p><b>A calming 5-minute meditation</b> Relax, ground yourself and breathe with this short but calming 5-minute meditation.</p>	<b>5 mins</b>
<p><b>Frustration buster</b> Sharon Salzberg offers potent tools to help ease intense frustration through calming breathing, listening to sound, and watching thoughts and feelings come and go.</p>	<b>5 mins</b>
<p><b>Learn the 4.7-8 breathing practice</b> Try this short and simple breathing technique whenever you're stressed.</p>	<b>4 mins</b>
<p><b>Less anxious</b> Let JoAnna Hardy help you counteract everyday anxiety and stress by focusing on your hands, feet and belly. You'll leave feeling more centered and relaxed.</p>	<b>10 mins</b>
<p><b>Breathwork: Alternate- Nostril Breathing</b> Alternate nostril breathing helps with calming the body and the mind.</p>	<b>7 mins</b>
<p><b>Unravel jaw tension</b> Jay Michaelson shares the most effective tool in his meditation toolkit. This targeted release can create huge physiological benefit and relaxation.</p>	<b>10 mins</b>
<p><b>3-minute relax</b> Use this quick meditation to give yourself a much-needed break in your busy day. You'll be amazed at how refreshed you'll feel after just 3 minutes.</p>	<b>3 mins</b>
<p><b>Dealing with uncertainty</b> Finding stability in the midst of chaos and uncertainty can feel impossible. Join Oren Jay Sofer and learn to bring a settled and steady mind to these scary moments.</p>	<b>10 mins</b>
<p><b>Calm your worries</b> Sometimes our thoughts simply won't let us rest. Use this meditation to relax your mind and calm your worries.</p>	<b>11 mins</b>
<p><b>10-minute stress release</b> This is an all levels-welcome guided walking meditation is designed to reduce stress &amp; increase awareness for mind, body, and soul. Let's chat about being gentler, more patient, and what it takes to let go. I know, easier said than done!</p>	<b>10 mins</b>

	Relaxing Sounds	Time (min)
<b>Nature rain on leaves</b>	Relax with ease to the sounds of rain on leaves.	45 mins
<b>Majestic valley</b>	Take a big breath in as you stroll along the majestic valley.	45 mins
<b>Coral reef</b>	Quiet your mind as you dive into the coral reefs.	45 mins
<b>Campfire</b>	Settle your mind with the sounds of a crackling campfire under the stars.	45 mins
<b>Bansuri flute with gentle waves</b>	Let the bansuri flute lull you to sleep as gentle waves lap against the shore.	45 mins
<b>Sleep waves &amp; singing bowls</b>	A rushing stream creates a background for the resonate tones of singing bowls to help you relax and drift into sleep.	45 mins
<b>Bass flute with waterfall</b>	Allow a sense of calm to flow over you while listening to the rich tones of the bass flute combined with sounds of cascading water.	25 mins
<b>A positive &amp; relaxed mind</b>	Rid yourself of negative thoughts and feelings with these serene sounds.	32 mins
<b>A journey to peacefulness</b>	Calm your mind with gentle piano sounds and deeply relaxing frequencies.	31 mins
<b>Drift off to sleep</b>	Sparse and simple melodies on the piano to help you decompress.	14 mins
<b>Gentle rain &amp; peaceful music</b>	Nothing is more calming than the sound of rain. Release your anxiety with this peaceful music.	31 mins
<b>Skye lyre</b>	Soothing sounds of a forest at twilight provide a backdrop to sweet melodies plucked on a lyre.	15 mins
<b>Emerald evening</b>	A wash of nature sounds blend with a soothing melody to help you unwind.	13 mins
<b>Seven sarons with wind</b>	Allow yourself to relax with this soundscape of wind mixing with the chime-like sounds of the saron	17 mins
<b>Lunar rainbow</b>	Unwind with mellow sounds inspired by the rare but beautiful moonbow.	15 mins





zzz	Stories for Sleep	Time (min)
<b>Green planet</b>	Cozy up as we take a journey around the globe to explore some of the Earth's most treasured places.	<b>32 mins</b>
<b>Snow White</b>	Listen to the familiar story of Snow White, an evil stepmother, and a chatty mirror.	<b>19 mins</b>
<b>The Beauty of Belize</b>	Discover the rainforest, caves, and the deep sea in a country that inspires easy wanderings and relaxation.	<b>37 mins</b>
<b>Sleep story: getting away from it all</b>	Fall asleep fast with this deeply relaxing story set in the Maldiv Islands.	<b>20 mins</b>
<b>Sunset beach walk visualization</b>	Allow both your mind and body to rest with this guided meditation that leads you through a soothing sunset walk on the beach.	<b>22 mins</b>
<b>Alice in Wonderland: chapters 1 &amp; 2</b>	Relax and be transported by Calm co-creator Michael Acton Smith to the magical world of Alice in Wonderland.	<b>18 mins</b>
<b>King Arthur and the sword in the stone</b>	Listen to this famous story of how the boy Arthur came to be recognized as the King of all England by pulling the sword out of the stone where no-one else could do it.	<b>13 mins</b>
<b>Sleep story: for the love</b>	Drift off to sleep with this soothing story set in the majestic beauty of Yosemite, California.	<b>21 mins</b>
<b>Velveteen Rabbit</b>	Fall asleep to the gentle story of a boy and his magical rabbit.	<b>32 mins</b>
<b>Beauty and the Beast</b>	Snuggle up and journey to a fairytale world full of enchanted forests and magic castles, in tonight's beloved classic, Beauty and the Beast.	<b>44 mins</b>
<b>A relaxing forest walk</b>	Allow the sounds and sensations of a walk in the woods to lull you to sleep.	<b>23 mins</b>
<b>Wizard of Oz</b>	Join Dorothy and Toto in the Land of Oz and follow the yellow brick road into dreamland.	<b>44 mins</b>
<b>Grassy meadow stroll visualization</b>	Breathe deeply and allow yourself to relax as you visualize walking through a peaceful meadow.	<b>20 mins</b>
<b>Night sky visualization</b>	Visualize gazing on the night sky with this sleeptime meditation.	<b>23 mins</b>
<b>Fly through the sky to drift off to sleep</b>	Imagine yourself flying through space to clear your mind and relax your body.	<b>25 mins</b>





zzz	Mindful Minutes	Time (min)
<b>Get focused</b>	This is a practice in concentration. We know that every 6-7 seconds, the mind will be distracted - and here's a technique for bringing it back. With practice, you'll build focus and concentrate.	4 mins
<b>A calming 5-minute meditation</b>	Relax, ground yourself and breathe with this short but calming 5-minute meditation.	5 mins
<b>Unravel jaw tension</b>	Jay Michaelson shares the most effective tool in his meditation toolkit. This targeted release can create huge physiological benefit and relaxation.	5 mins
<b>20-Minute Walking Meditation</b>	Take a break from your daily tasks with this walking meditation. It will help clear your mind at a peaceful pace.	19 mins
<b>Dealing with uncertainty</b>	Finding stability in the midst of chaos and uncertainty can feel impossible. Join Oren Jay Sofer and learn to bring a settled and steady mind to these scary moments.	10 mins
<b>Deep concentration</b>	A simple yet powerful meditation to help sharpen your attention	15 mins
<b>The present moment</b>	Sebene Selassie uses the sensation of gravity and the breath, helping you reconnect with your body.	5 mins
<b>Learn the one minute meditation</b>	A fast-acting meditation practice you can use several times a day to reduce stress and anxiety.	3 mins
<b>Letting go of anger</b>	While anger is a very normal emotion to experience, carrying feelings of anger with us throughout our day can lead us to feel tense and irritated. This meditation helps you to let go of anger through the use of your body.	7 mins
<b>Focus breath</b>	This breathing technique can be done in just a few minutes whenever you need a boost of mental clarity.	7 mins
<b>Mood: grumpy</b>	Ugh. Morning moods can be tough. Release tension in the body and accept the mood as Jay Michaelson reminds you how to feel just a little better.	5 mins
<b>Increase your energy</b>	This meditation will help you boost your energy and your productivity by focusing on your breathing.	5 mins
<b>Mindfulness: Grounded</b>	This mindfulness exercise will bring awareness to different parts of your body, allowing you to have full unbroken attention to the real-time experiences and sensations happening in the present moment.	13 mins



	Time (min)
<p><b>Rest &amp; manifest</b> Train your thoughts to support what you want to manifest in your life.</p>	<b>15 mins</b>
<p><b>Relax &amp; Refocus Running Meditation</b> Running is good for your body-and mind. This mindful running meditation will help you focus and relax. You'll pair a fresh-air run with a meaningful mantra that grounds you in the moment like "I am strong" or "I will"!</p>	<b>24 mins</b>
<p><b>Happy place meditation</b> With stress and anxiety at an all-time high, it is important for all of us to make time for our mental health. This is especially true for the Black community as we address past and present trauma, and process the many difficult emotions we may be feeling. Whether you meditate regularly or have struggled with it in the past, this "Happy Place" meditation will help you find peace and calm physically and mentally.</p>	<b>12 mins</b>
<p><b>Calm and rest</b> This session is about becoming a little calmer by using breath and affirmation's like: I allow my body to relax. This session is like a lingering breath of fresh air as you bring it all the calm that you need right at this moment.</p>	<b>3 mins</b>
<p><b>Mindfulness: Relaxation</b> Using the sound vibrations of the crystal bowls to create healing frequencies that have a relaxing and restorative effect, sound vibrations help facilitate shifts in our brain waves to help enter a deep state of meditation.</p>	<b>16 mins</b>
<p><b>Gathering focus</b> Regather your attention with Anushka Fernandopulle and then use that focus on what matters most.</p>	<b>3 mins</b>
<p><b>Immediate gratitude</b> Access gratitude anytime in this short practice with Anushka Fernandopulle.</p>	<b>3 mins</b>
<p><b>Walk and chill</b> As you walk, connect your breath to your steps.</p>	<b>20 mins</b>
<p><b>A very simple meditation</b> Jeff Warren helps you appreciate the simplicity of feeling more present, and letting that be enough.</p>	<b>10 mins</b>
<p><b>Counting breaths</b> In this meditation, you will focus solely on counting your inhales and exhales. That's it.</p>	<b>3 mins</b>
<p><b>Mood boosting gratitude</b> This is an all levels-welcome guided movement or stillness meditation to improve your mood &amp; increase energy by focusing on gratitude. Did you know practicing gratitude releases the same positive neurochemicals as running?</p>	<b>7 mins</b>
<p><b>Breathwork: Calming Breath</b> Using breath as a focal point, this short exercise cultivates a sense of calm and relaxation.</p>	<b>6 mins</b>
<p><b>Human being not human doing</b> Less "doing," more "being." Let this soothing practice calm your stressed body and mind.</p>	<b>11 mins</b>
<p><b>Quick ocean breath</b> Use this breathing technique when you're feeling anxious. You can use it anytime and anywhere.</p>	<b>3 mins</b>



	Time (min)
<p><b>Mindfulness: Gratitude</b> A guided meditation focused on reflecting on the things you're grateful for and recognizing the many blessings in your life.</p>	<b>13 mins</b>
<p><b>Make meditation easier</b> Learn how to make meditation (and life) a little more effortless with Dan Harris.</p>	<b>3 mins</b>
<p><b>Breath relaxation</b> Using mindfulness of your breath, with Oren Jay Sofer, you can create relaxation for yourself.</p>	<b>5 mins</b>
<p><b>Ending the day</b> Oren Jay Sofer helps you use meditation to unwind, leaving you more fulfilled and less overwhelmed.</p>	<b>3 mins</b>
<p><b>Mindfulness: Loving Kindness</b> A guided loving kindness meditation to enhance emotional processing and empathy to boost a sense of positivity and reduce negativity.</p>	<b>15 mins</b>
<p><b>Cultivate compassion for yourself &amp; others</b> The mindfulness meditation practice of Loving-Kindness is a great way to cultivate compassion for ourselves and others. It has been shown to increase positive emotional responses like love, joy, hope, contentment and awe.</p>	<b>10 mins</b>
<p><b>Mindful moment meditation</b> Practice a few minutes of mindfulness anywhere you are, and as often as you like during the day, to release stress and enjoy the present moment.</p>	<b>4 mins</b>
<p><b>Breathwork: Energizing Breath</b> This breathwork exercise emphasizes exhalations to help slow down your heart rate and cultivate a sense of calm and relaxation.</p>	<b>7 mins</b>
<p><b>Energy uplift through meditation</b> Take a few moments to understand what's implicating your energy at this moment. As you check-in within, you can alter your energy and uplift yourself through mindset and breathwork.</p>	<b>7 mins</b>






## Morning Meditations


Time (min)

<p><b>When waking up is tough</b> Join Alexis Santos to explore the preciousness of a new day with greater joy and ease while giving plenty of space to feel grumpy about it all.</p>	10 mins
<p><b>Coffee meditation</b> Get grounded and even joyful during your daily coffee routine by mindfully easing into the day and appreciating the simple moments in life with Alexis Santos.</p>	3 mins
<p><b>Creating a purposeful day</b> Start your day with intention and awareness and give yourself a sense of purpose.</p>	10 mins
<p><b>Waking up in bed</b> "Looking to wake up feeling relaxed and ready for your day? Stay in bed! Join JoAnna Hardy for a meditation that is meant to be done before getting up."</p>	5 mins
<p><b>Wake up practice for setting the right intention</b> This meditation will help you to set a positive intention and to have a great start to your day, everyday.</p>	7 mins
<p><b>Deep concentration</b> A simple yet powerful meditation to help sharpen your attention</p>	15 mins
<p><b>Morning body scan</b> Energize yourself and feel your body waking up with this body scan from Anushka Fernandopulle.</p>	5 mins
<p><b>"Guided Meditation to Start Your Day"</b> Set the tone for your day by taking a few moments for yourself in the morning.</p>	6 mins
<p><b>A fresh start</b> Connect with your values and set a firm, clear intention for the day. Oren Jay Sofer guides.</p>	5 mins
<p><b>Before the day begins</b> Settle the mind with Alexis Santos in this morning meditation before the day gets busy.</p>	10 mins
<p><b>A mantra meditation for your morning</b> Start your day on a positive note with a mantra meditation.</p>	5 mins
<p><b>Daytime affirmation</b> Cultivate a positive mindset to manifest good vibes throughout your day.</p>	12 mins
<p><b>Morning breathing exercise</b> Promote a positive mindset for the day with this focused breathing exercise.</p>	10 mins



	Deepak Chopra: Mindful Method	Time (min)
<b>Ease stress with emotional awareness</b>	Navigate stressful situations with more self-compassion by becoming mindfully aware of your emotions.	8 mins
<b>A mindful practice to build focus</b>	Enhance your ability to focus and dismiss disruptive thoughts with mindful breathing.	5 mins
<b>Observing thoughts to manage stress</b>	Change your relationship to stress by becoming aware of your thought patterns	5 mins
<b>A Meditation for All 5 Senses</b>	Expand your mindfulness practice by cultivating awareness through your five senses. You can do this practice anywhere at any time.	6 mins
<b>Prepare for restful sleep</b>	Before going to sleep, take a few moments to review your day and put it to rest.	5 mins
<b>Reset Your Bad Mood</b>	Turn your bad mood around by learning to find the opportunity no matter the situation.	6 mins
<b>A breathing technique to manage stress</b>	Learn to lengthen your exhale and create a sense of calm in this quick meditation.	7 mins
<b>Morning Mantra Meditation</b>	Start your day with a centering meditation and focus on a simple mantra.	8 mins
<b>Total Well-Being: Body</b>	Build awareness of the body-mind connection with Dr. Deepak Chopra. Consciously slowing down breathing can help quiet a busy mind.	4 mins
<b>Total well-being: mind</b>	Recall both positive and negative emotions to experience how the mind affects the body in this short but effective exercise.	6 mins
<b>Total Well-Being: Emotion</b>	Build emotional resilience with an 8-step exercise. Grab your journal and follow along, or listen and do the practice later.	6 mins
<b>Total Well-Being: Spirit</b>	Dr. Deepak Chopra defines spirit as your source of attention and intention. In this meditation, he helps you understand your strengths while building gratitude.	6 mins



 <b>Mindful Meals</b>	Time (min)
<p><b>Mindfulness in food</b> At the end of a long day, it can be all too easy to just eat mindlessly. This meditation helps you to practice eating mindfully, so you can start to slow down and really enjoy your meals.</p>	4 mins
<p><b>Mindful eating: breathe to slow down first</b> The breath is a powerful tool to calm down and get present before a meal. Slowing down before eating allows us to be present and enjoy the meal, and it helps the body to shift into a more relaxed state, so our digestion functions optimally.</p>	5 mins
<p><b>Check in with body</b> Slow down and check in with your body prior to a meal. Often we eat on the go, distracted by screens or work, and miss the body's signals for being hungry and being full. Checking in with the body prior to eating is a great habit to cultivate</p>	4 mins
<p><b>Food is not the enemy</b> When you eat mindfully, you see that food is not the enemy. Dr. Jud Brewer explains that it's easier to make healthy choices this way.</p>	15 mins
<p><b>Mindful eating: before a meal, activate the senses</b> This mindful eating guided meditation invites the listener to take a pause and activate the senses, so you can be present and fully enjoy the sensory experience of your next meal.</p>	5 mins
<p><b>Mindfully work with your cravings</b> We all have cravings now and then, but sometimes they can take over and affect our health. This meditation will help you take control and make better, healthier decisions throughout your day.</p>	11 mins
<p><b>Mindful eating: am I hungry?</b> "This mindful eating guided meditation invites the listener to pause before a meal or a snack and check-in with the body. Often we eat out of habit, or as a way of covering over stress, boredom, or another uncomfortable emotion. This meditation invites the question: Am I hungry?"</p>	5 mins





## Boost Body Positivity

Time (min)

### Loving yourself\*

Fill up your self-love tank! To be open to give and receive love, we have to love ourselves first. This guided meditation will help you create a comfortable and loving space for self-acceptance and compassion.

10 mins

### Kindness body scan

Relax the mind and the body at once with this practice lead by Anushka Fernandopulle.

5 mins

### Show yourself some love\*

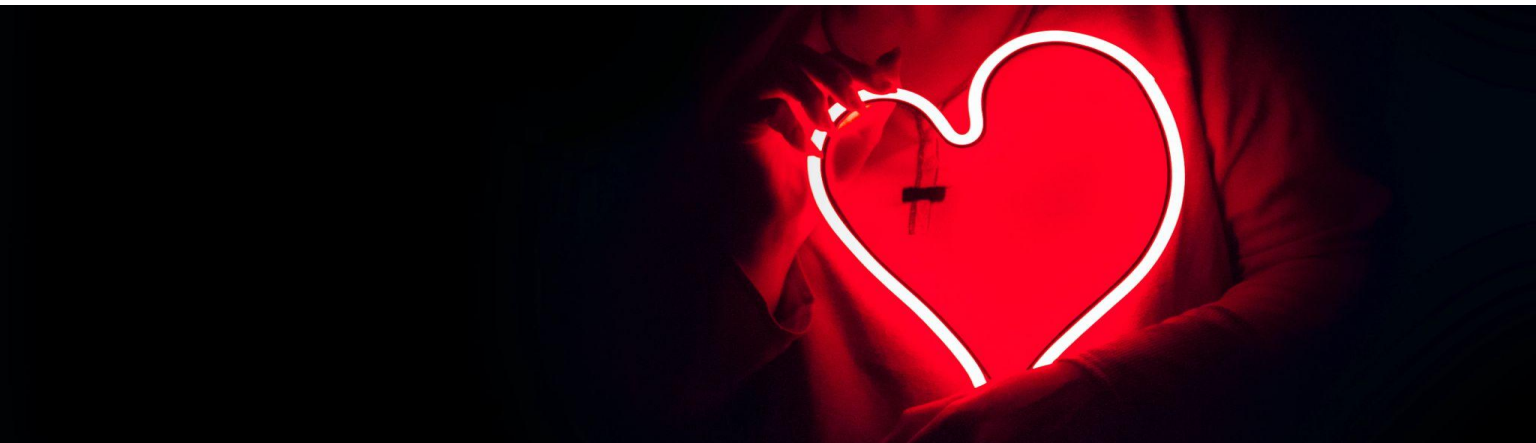
Shower yourself with compassion and self-care with this loving-kindness meditation.

10 mins


### Cultivate compassion for yourself and others

The mindfulness meditation practice of Loving-Kindness is a great way to cultivate compassion for ourselves and others. It has been shown to increase positive emotional responses like love, joy, hope, contentment and awe.

10 mins





	Mindfulness Available to You	Time (min)
<b>Breathe, relax &amp; drift off to sleep</b>	Use your breath to find relaxation throughout your body...	10 mins
<b>How to calm down</b>	Matthew Hepburn guides you in calming your parasympathetic nervous system.	5 mins
<b>2-minute stress reliever</b>	Use this brief, guided meditation to quickly de-stress and relax. Your body and mind will thank you	2 mins
<b>Drift off to sleep</b>	Sparse and simple melodies on the piano to help you decompress.	14 mins
<b>Human being not human doing</b>	Less "doing," more "being." Let this soothing practice calm your stressed body and mind.	11 mins
<b>Gathering focus</b>	Regather your attention with Anushka Fernandopulle and then use that focus on what matters most.	3 mins
<b>Relax from head to toe</b>	Guided by a female voice, this body scan meditation moves through your entire body, beginning at the top of your head and ending with the soles of your feet.	22 mins
<b>Velveteen Rabbit</b>	Fall asleep to the gentle story of a boy and his magical rabbit.	32 mins
<b>Very simple meditation</b>	Jeff Warren helps you appreciate the simplicity of feeling more present, and letting that be enough.	10 mins
<b>A journey to peacefulness</b>	Calm your mind with gentle piano sounds and deeply relaxing frequencies.	31 mins
<b>A fresh start</b>	Connect with your values and set a firm, clear intention for the day. Oren Jay Sofer guides.	5 mins
<b>Bansuri flute with gentle waves</b>	Let the bansuri flute lull you to sleep as gentle waves lap against the shore.	45 mins
<b>The reset</b>	"No time to relax? Mind racing with thoughts? Try this meditation with Jeff Warren."	3 mins
<b>A relaxing forest walk</b>	Allow the sounds and sensations of a walk in the woods to lull you to sleep.	23 mins
<b>De-stress at your desk</b>	For those moments at work when you're feeling overwhelmed. De-stress, right there at your desk.	10 mins