**Free and partly free Meditation Apps**

*Source: Mindful Magazine*

**Insight Timer (insighttimer.com)**

Home to more than 3,000,000 meditators, Insight Timer is rated as the top free meditation app on the Android and iOS stores. The app features more than 4,000 guided meditations from over 1,000 teachers—on topics like self-compassion, nature, and stress—plus talks and podcasts. If you prefer a quieter meditation, you can always set a timer and meditate to intermittent bells or calming ambient noise. Like a “buffet” of guided meditations, not sequences of or programs on topics.

**Aura (aurahealth.io)**

[Aura](https://www.aurahealth.io/) is a meditation app which provides, every day, a new, personalized, three-minute meditation. The same meditation never repeats; according to cofounder Daniel Lee, Aura’s teachers are constantly recording new tracks. To personalize the experience, Aura initially asks about your age and how stressed, optimistic, and interested in mindfulness you are. The daily meditation that appears also depends on your mood: If you’re feeling great, Aura might suggest “Your Brilliant Heart;” select stressed, and you might get “You Have the Power.” If you like the day’s meditation, you can save it to your library for later listening.

**Omvana (omvana.com)**

Omvana provides a library of thousands of meditations, and about 75 of those are free, from “Laser Focus” to “Cat’s Purr.” About 50,000 people around the world meditate to their popular “6 Phase Meditation” every morning, which is recommended for intermediate practitioners. (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. When you first download Omvana, your library includes about 10 meditations; to add more, it’s necessary to navigate over to the store, and then click on Top Tracks > Free or Categories > All free. Once you find a meditation you like, clicking the “Free” button will add the track to your library. Much of its library is off-limits to the free user. But if you’re looking for a solid morning meditation, or you’re overwhelmed by all the choice on Insight Timer, you might enjoy Omvana.

**Stop, Breathe and Think (stopbreathethink.com)**

[Stop, Breathe & Think](http://www.stopbreathethink.org/) wants to help you get acquainted with mindfulness first. A section called Learn to Meditate explains what mindfulness is, why it’s beneficial, and what to expect when you press play on your first track. It even covers some of the neuroscience of mindfulness and the physiology of stress, in case you’re still skeptical. Stop, Breathe & Think features nearly[30 free sessions](https://app.stopbreathethink.org/), many of which come in different lengths. You can set a meditation timer and find calm amid the silence or relaxing forest sounds. A progress page keeps track of how many days you’ve meditated in a row and your emotions, which you can record before and after each meditation.

**Calm (calm.com)**

The relaxation can start with a few free meditations which is a smaller selection than several of the apps above—16 in total, some of which come in different lengths, from 3-30 minutes. You can start off with 7 Days of Calm, or try their sessions on Loving-Kindness, Forgiveness, or the Body Scan. Plus, like many other apps, you can set a timer for silent meditation or meditate to intermittent bells. For nighttime relaxation, Calm features four free “[sleep stories](https://www.calm.com/sleep)”: bedtime stories for adults on everything from science fiction to scenic landscapes to help you transition into slumber. There are tons of great mediations and programs once you subscribe plus a great Facebook group. Calm’s subscription costs $4.99 per month when you buy a year—one of the cheapest out there if you decide to make the investment.

**Headspace (headspace.com)**

Meditation has been shown to help people stress less, focus more and even sleep better. Headspace is meditation made simple. They teach you the life changing skills of meditation and mindfulness in just a few minutes a day.