

Best Meditation Apps

Whether you prefer [deep breathing](#) or [guided imagery](#) to help [relax your mind](#), meditation can have [significant benefits](#) on your mental and physical health.

[Research](#) even suggests that it can improve the [symptoms of anxiety](#), [depression](#), and [insomnia](#), as well as reduce blood pressure. But for some of us, it can feel hard to find the time or energy to take a class. These apps make it easy and possible to do it anywhere. In today's high-tech world, there are many apps that blend helpful technology with [meditation techniques](#). We've rounded up the best apps for iPhone and Android for deep breathing, guided meditation, and finding your Zen.

The Mindfulness App



[iPhone](#) rating: ★★★★★

[Android](#) rating: ★★★★★

Price: Free with trial

Packed with features, this meditation app includes a five-day guided meditation practice, reminders for when it's time to relax, and other offers based on individual meditation habits. It can also be integrated with other [health apps](#) if users enjoy using their devices to improve their health. If you want to be [more mindful](#) and incorporate regular meditation into the day, this app is the gold standard. Purchase more features with a premium subscription.

Headspace



[iPhone](#) rating: ★★★★★

[Android](#) rating: ★★★★★

Price: Free with trial

Get out of your head or more into it with Headspace, a meditation app that's ideal for people just starting a meditation routine. Its free trial includes 10 exercises geared toward beginners that can help you learn more about meditation as well as applying it to your life. Check out the personalized progress page, reward system for continued practice, and buddy system that lets users connect with others to stay on track. The vibrant animations add a cute, light-hearted touch to help you understand meditation. More features are available as part of a premium subscription.

Calm



[iPhone](#) rating: ★★★★★

[Android](#) rating: ★★★★★

Price: Free with trial

Calm offers a wide range of guided meditations to assist people in adding more relaxation into their lives. The selections range from 3-minute to 25-minute sessions. It also includes a feature called Daily Calm, a 10-minute program you can practice before the beginning or end of your day — a great routine to get into. There are also [breathing exercises](#), unguided meditations, sleep stories, and more than 25 soothing sounds to help you [improve your sleep](#). For even more, there's a premium subscription option.

MINDBODY



[iPhone](#) rating: ★★★★★☆

[Android](#) rating: ★★★★★☆

Price: Free

Looking for a place to manage your fitness routine? MINDBODY is where you should start. Users can search and book a multitude of fitness classes like [yoga](#), [Pilates](#), [barre](#), or [CrossFit](#). The app is also an excellent resource to test the waters with a new trainer, class, or studio. You can manage your [fitness routine](#) through an [exercise tracker](#). There's even a section where you can access discount deals for exercise classes.

Buddhify



[iPhone](#) rating: ★★★★★☆

[Android](#) rating: ★★★★★☆

Price: \$4.99 for iPhone, \$1.99 for Android

Serious about maintaining a beneficial meditation practice? Want to avoid an annual subscription? Buddhify gives users access to more than 11 hours of custom meditation programs. Each practice is geared toward different aspects of your life, such as meditation to help you sleep or take a break from work. Want to know how well you're doing with meditation? The check-in system allows users to evaluate their progress over time.

Insight Timer



[iPhone](#) rating: ★★★★★

[Android](#) rating: ★★★★★

Price: Free

Check out more than 4,500 free guided meditations from over 1,000 meditation practitioners with this app. It also gives you access to 750 meditation music tracks. Customize your meditation using the background sounds and meditation tool intervals to create a unique experience that works best for you. To listen offline, you can also purchase a monthly subscription.

Smiling Mind



[iPhone](#) rating: ★★★★★

[Android](#) rating: ★★★★★☆

Price: Free

Get your little ones into the practice of meditation using Smiling Mind, an app that can be tailored to different age groups — even children as young as seven years old. Create accounts for different family members so everyone can manage their meditation practice in the app. Teachers can also use the app to make meditation education part of their classroom activities.

Meditation Timer Pro



[iPhone](#) rating: ★★★★★

Price: \$1.99

Meditation Timer Pro is a simple app with a practical user interface free from bells and whistles. It features exercises to help you enhance your meditation practice. Create a specialized app with the chimes and other sounds you like, or stick with the factory settings. It also allows you to keep track of your progress.

Sattva Meditations & Mantras



[iPhone](#) rating: ★★★★★☆

Price: Free

The goal of Sattva is to motivate you to meditate every day. There are a slew of features and preloaded exercises including timers and chants. Plus, you can check your heart rate via the app and participate in challenges. One aspect that sets this app apart is the extensive information on how meditation can benefit overall well-being. For even more features, they also have subscriptions available to buy.

10% Happier



[iPhone](#) rating: ★★★★★

[Android](#) rating: ★★★★★

Price: Free

Not sure if you should try meditation? This app is designed for skeptics who want to try meditation, but want to simplify the process with practical, easy-to-apply content. The exercises aim to help users with anxiety and sleep, and the app always adds new content each week. Apple Health App integration is also available. Users can also get the premium version for over 500 videos and additional content. This was created by the well-known news anchor Dan Harris to help others find more peace in life.

Breethr



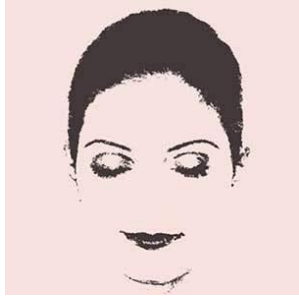
[iPhone](#) rating: ★★★★★

[Android](#) rating: ★★★★★

Price: Free

More meditation tools these days are aimed at beginners because meditation isn't as common in some areas of the world as others. Breethr has mindfulness and meditation techniques to get people meditating more regularly. The developers say it takes just 10 minutes a day to get into a meditation routine, and the app brings you content for mornings, sleep, and other tailored topics. You can use it for free, forever, or unlock all content with premium subscription.

Simply Being



[iPhone](#) rating: ★★★★★

[Android](#) rating: ★★★★★

Price: \$1.99

This app was created by Richard and Mary Maddux, who championed the popular Meditation Oasis podcast. If the soothing graphics don't relax you, the meditations on this app probably will. This app gently encourages you to meditate regularly, nudging you to practice meditation at different times during the day. You can also customize the length of meditations. Listen to meditations with or without music and nature sounds, or simply stream the audio for some chill background music.