Check out a few of these free apps for your phone or tablet to help you add more mindfulness to your life.

**Relax Melodies Sleep and Yoga** offers soothing sounds and music to help relax the body.
Devices: Android, iPhone, iPad. **Cost: Free**

**Aura: Mindfulness & Happiness** provides short, science backed and personalized mindfulness meditation exercises every day to make you happier, reduce stress and anxiety.
Devices: iPhone, iPad, Android. **Cost: Free**

**Insight – Timed Meditation** Free guided meditations and daily reminder guide. This app offers a community of meditators with beautiful meditation music, talks and podcasts.
Devices: Android, iPhone, iPad. **Cost: Free**

**Calm Meditation** Start your journey to a calmer mind through guided meditation sessions that range in lengths of 3 - 25 minutes. Great app for beginners but also includes hundreds of programs for intermediate and advanced meditators.
Devices: Android, iPhone, iPad. **Cost: Free**

**50 One-Minute Meditations** “Got one minute? Spend it with one of Robin Rice’s 50 meditations. You will absolutely feel better. Who doesn’t have one minute a day to relax, get empowered and connect to the meaningful parts of life?”
Devices: Android, iPhone, iPad. **Cost: Free**

**Headspace** is meditation made simple, a way of treating your head right. Using proven meditation and mindfulness techniques, we'll show you how to train your mind for a healthier, happier, more enjoyable life. Devices: Android, iPhone, iPad. **Cost: Free**
**Breathe2Relax** has varying scenery and offers breathing exercises to help lower your stress. It includes a meter and timer that guides you through inhaling and exhaling as it begins to help you relax.

Devices: Android, iPhone, iPad. Cost: Free

**Stop, Breathe & Think** this easy to use app is designed to guide you through meditations for mindfulness. Originally developed for kids, this app helps individuals find quiet, focus and peaceful sleep.

Devices: Android, iPhone, iPad. Cost: Free

**The Mindfulness app** offers an extensive number of meditations with world renowned teachers. It also offers a "reminder" function which can be activated for specific times and places.

Devices: Android, iPhone, iPad. Cost: Free

**Smiling mind** is a free app developed by psychologists and educators with the goal of making mindfulness accessible to all.

Devices: Android, iPhone, iPad. Cost: Free

**Omvana** provides high quality audio tracks for meditation, sleep, relaxation, focus, and productivity. Users can customize the tracks with ambient background sounds.

Devices: Android, iPhone, iPad. Cost: Free