



Lifestyle Medicine Clinic

# Recommended Apps to help you live mindfully, be in the moment and breathe!



## NIDRA ENGLISH

Yoga Nidra is a meditation method that induces a deep relaxation. This takes place as your awareness is dynamically guided through sensory perceptions, body sensations, emotions, mental processes and visualizations.

**FREE**



## BREATHE

The Breathe app guides you through a series of deep breaths, and it reminds you to take time to breathe every day. Check in with yourself and pick a tuned mindfulness session to improve your day.

**Try it for FREE or premium memberships starting at \$6.75/month**



## CREATE INNER PEACE

Create inner peace is a high quality self-hypnosis relaxation recording that will take you on an empowering journey connecting to your inner strength.

**FREE**



## HEADSPACE

Brilliant things happen in calm minds. Thousands of studies show how mindfulness meditation can positively impact mental and physical health. Guided meditations help you stress less, focus more.

**FREE Trial \$7.99-\$12.99/month or \$399.99 LIFETIME**



## CALM

Struggling to sleep? This is the world's most relaxing app. Voted 2017 app of the year. Join calm and experience lower stress levels, less anxiety and a more restful sleep.

**FREE or Premium membership \$59.99/year**



## SIMPLE HABIT

Life can be challenging sometimes. Simple habit is the best meditation app for busy people. Five-minute meditations will help calm your mind, reduce stress, improve focus and sleep while you learn to relax faster.

**FREE or \$12.00/month**