Top Phone Apps For Meditation

Bring some zen to your life in 2020 with these top meditation apps!



- [ ] Calm - Downloaded more than 50 million times, Calm provides inner peace and meditation for every need. You get a 30-day free trial, after that, only $60/year.
- [ ] Headspace - Guided meditation for beginners and advanced, Headspace helps you learn how to silence the overactive mind. 2-week free trial and after that only $70/year.
- [ ] 10% Happier - Embrace the chaos and learn how to be happier every day. Only $99/year after a 7-day free trial.
- [ ] Inscape - Guided meditations, custom sleep sessions, stress reducers, etc. $10/month after a 7-day free trial. Bring on the peace!
- [ ] Insight Timer - Entirely free (hard to find) Insight Timer offers more than 30,000 guided meditations as well as a section for kids, and therapeutic pep talks!
- [ ] Stop, Think, & Breathe - Many free meditations, pay for premium meditations at only $10/month. You also can check in with your feelings daily.
- [ ] Buddhify - Mobile and on-the-go meditation sessions, short and long. Only $30/year!
- [ ] Simple Habit - Short meditations for the people who are constantly on the go. Only $12/month or $96/year.
- [ ] Aura - What's your aura? This app is for very busy bees, with meditation sessions as short as 3 minutes. Bust your anxiety for $12/month or $95/year.

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