

Headspace ([iPhone](#), Android) - meditation made relevant to modern life. Get unique daily guided meditations, science facts and figures and progress reports, all designed to make it as easy as possible for you to get some calm and clarity.

Calm ([iPhone](#), Android) – a great way for beginners to start meditation. It starts you out with a seven-day program. Choose between options for sound and length of time, as well as scenes from nature for you to visually focus on while you meditate.

Insight Timer ([iPhone](#), [Android](#)) – Includes both a timer for you to meditate as well as a number of audio-guided meditations, if you're new to meditating. Search by length, popularity, instructor, etc.

Stop, Breathe, & Think ([iPhone](#), [Android](#)) – offers a solid sampling of the basics of meditation, featuring a range of exercises at varying lengths (mindfulness meditation, loving-kindness meditation, the body scan practice), ideal for short practices at work and longer sessions at home

Apps

For mindfulness and stress reduction

- [**Stop, Breathe, & Think**](#) (designed for iPhone and iPad)
- [**Pranayama Breathing**](#) (designed for iPhone and iPad)
- [**Mindfulness Bell**](#) (designed for iPhone and iPad)
- [**Insight Timer**](#) (designed for iPhone and iPad)
- [**Koru Mindfulness**](#) - [Apple](#) / [Android](#)

Internet Resources

Websites

- [**Search Inside Yourself Leadership Institute**](#) — Google engineer Chade-Meng Tan created a program for Google to help their employees feel better, work better, and be happier. The program will be open to the public soon. Please check Search Inside Yourself for more information.
- [**The Interdependence Project**](#)
- [**Wildmind Buddhist Meditation**](#)
- [**Meditation Oasis**](#)
- [**Free mindful and stress reduction meditations for download**](#)
- [**Koru Mindfulness**](#)

Podcasts

- Buddhist Geeks offers great podcasts and videos of scientists on the cutting edge of technology and neuroscience, discussing the breakthroughs on the studies of mindfulness.
- [Free Meditation Podcasts](#) (Hammer Museum)
- [Dharmaseed talks](#)

Meditations

- [Buddhanet](#)
- [Free Guided Meditations](#) (UCLA)
- [The Mindfulness Solution](#)
- [Guided Walking Meditation for Mindfulness](#)
- [Mindful Self-Compassion](#) has more downloadable meditation exercises