



# ALLEGRO RECOMMENDED APPS MEDITATION

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## HEADSPACE\*

Headspace offers guided meditations for a range of needs. The app offers a ten day intro period to teach you the basics of meditation, and then allows you to choose the path that's best for you.

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## HAPPY, NOT PERFECT\*

HNP offers guided meditations as well as daily check ins, mindfulness games, and journaling options.

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## 10% HAPPIER\*

10% Happier offers over 350 guided meditations as well as a "meditation coach" to help you on your journey.

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## CALM\*

Calm offers a range of guided meditations, but focuses heavily on helping users sleep.

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## INSIGHT TIMER\*

Insight Timer is a free app that offers guided meditation and a personalized experience.

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## STOP, BREATHE, THINK\*

SBT offers guided meditations along with opportunities to check in with yourself throughout the day.

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