

Home

Guided Meditation

Mindfulness

Relaxation

Contact us

Find your claim

Mindfulness & Meditation

Cultivate peace of mind and emotional well-being through guided meditation, mindfulness exercises, and relaxation techniques.

Guided Meditation Sessions

Immerse yourself in moments of tranquility with our guided meditation sessions led by experienced instructors.



What is Meditation?

From conflict to harmony

Start



Learn to Sit

Discover the art of stillness

Start

Explore More →

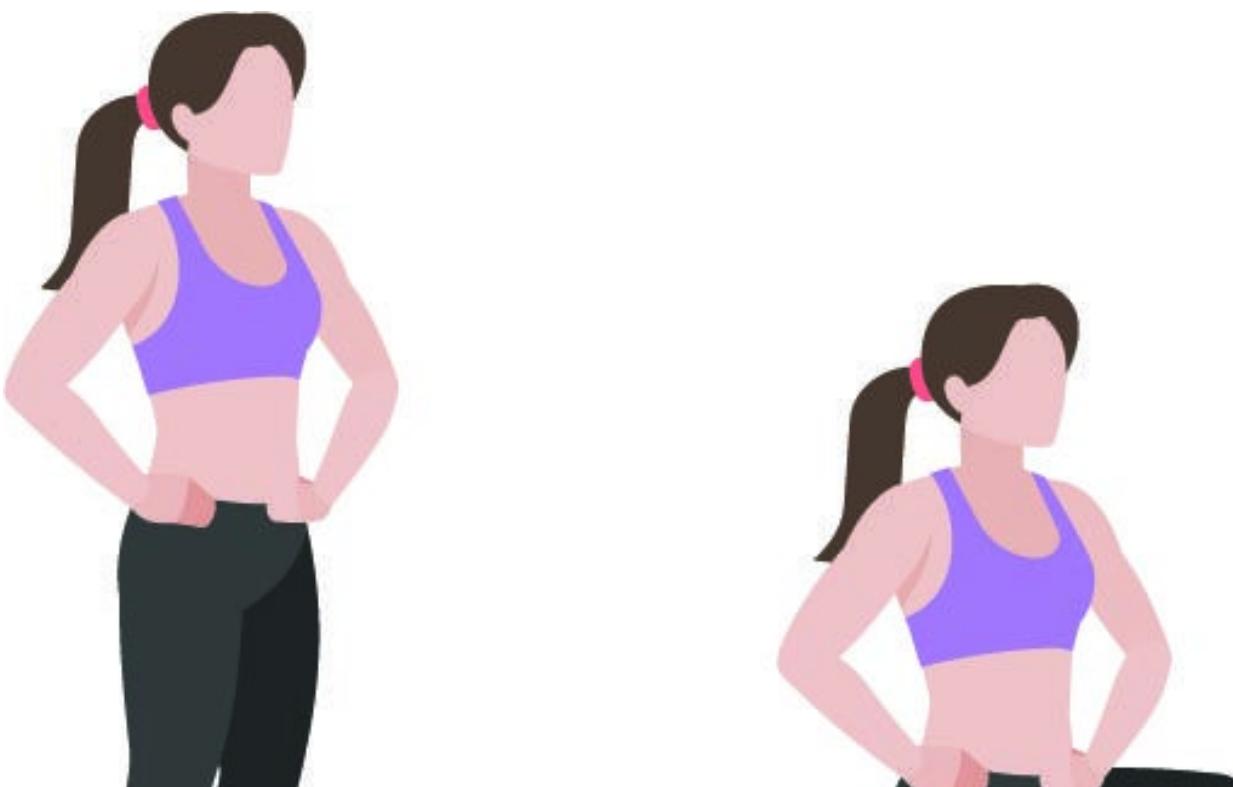
Mindfulness Exercises

Cultivate awareness and presence with our collection of mindfulness exercises designed to bring focus and clarity to your day.

Deep Breathing Exercise



Stillness Exercise

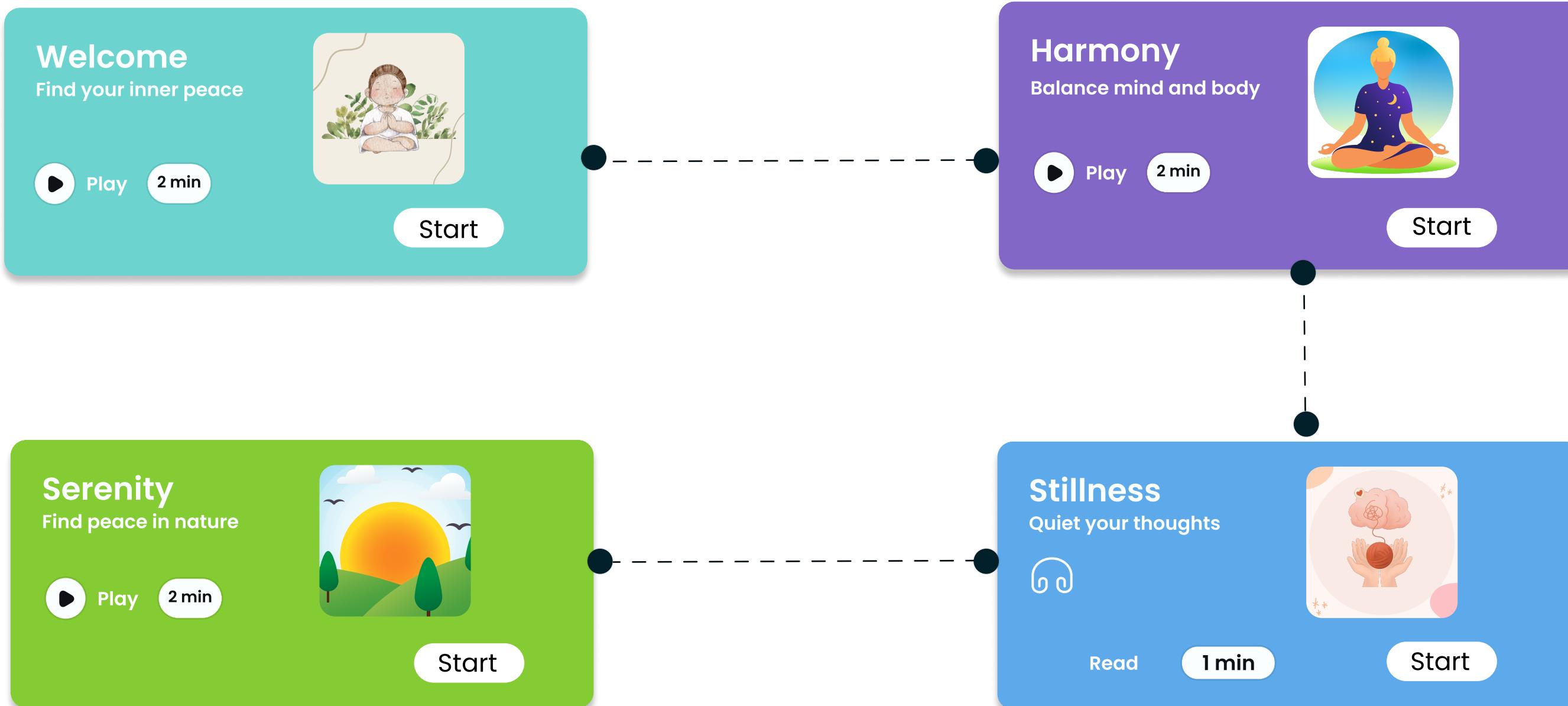


Body Scan



What is meditation

Meditation is a practice in which an individual uses a technique to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.



Unwind with our collection of relaxation techniques designed to melt away tension and soothe the spirit.

Progressive muscle relaxation

Progressive muscle relaxation is a two-step process in which you systematically tense and relax different muscle groups in the body. With regular practice, it gives you an intimate familiarity with what tension—as well as complete relaxation—feels like in different parts of your body

Body scan meditation

This is a type of meditation that focuses your attention on various parts of your body. Like progressive muscle relaxation, you start with your feet and work your way up. But instead of tensing and relaxing muscles, you simply focus on the way each part of your body feels, without labeling the sensations as either “good” or “bad”.

Visualization

Visualization, or guided imagery, is a variation on traditional meditation that involves imagining a scene in which you feel at peace, free to let go of all tension and anxiety. Choose whatever setting is most calming to you, whether it's a tropical beach, a favorite childhood spot, or a quiet wooded glen.

Rhythmic movement and mindful exercise

Running , Walking , Swimming , Dancing , Rowing
Climbing

Testimonials

See how others have found peace and clarity through our mindfulness practices.

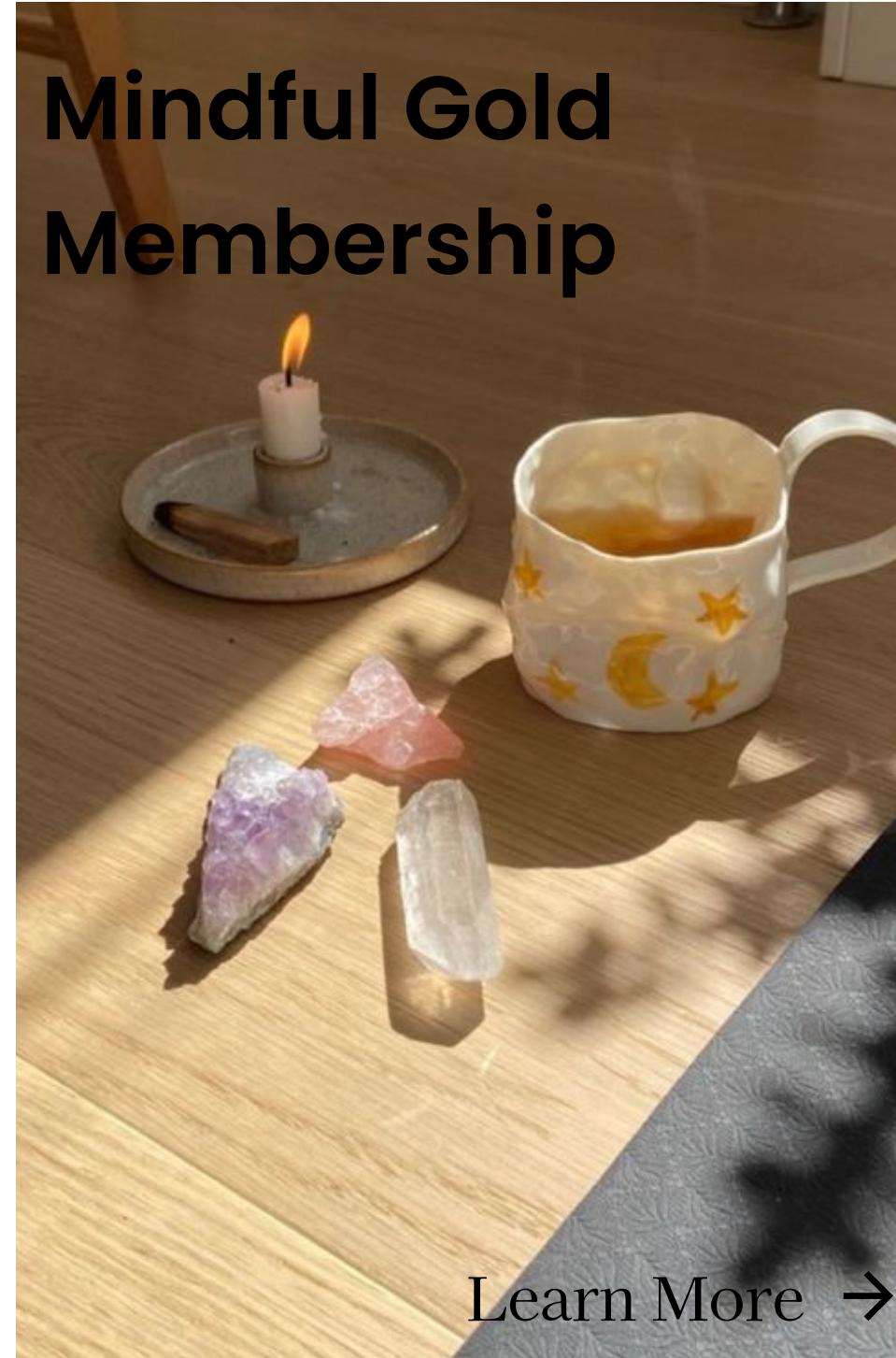
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**Mindful Premium
Membership**



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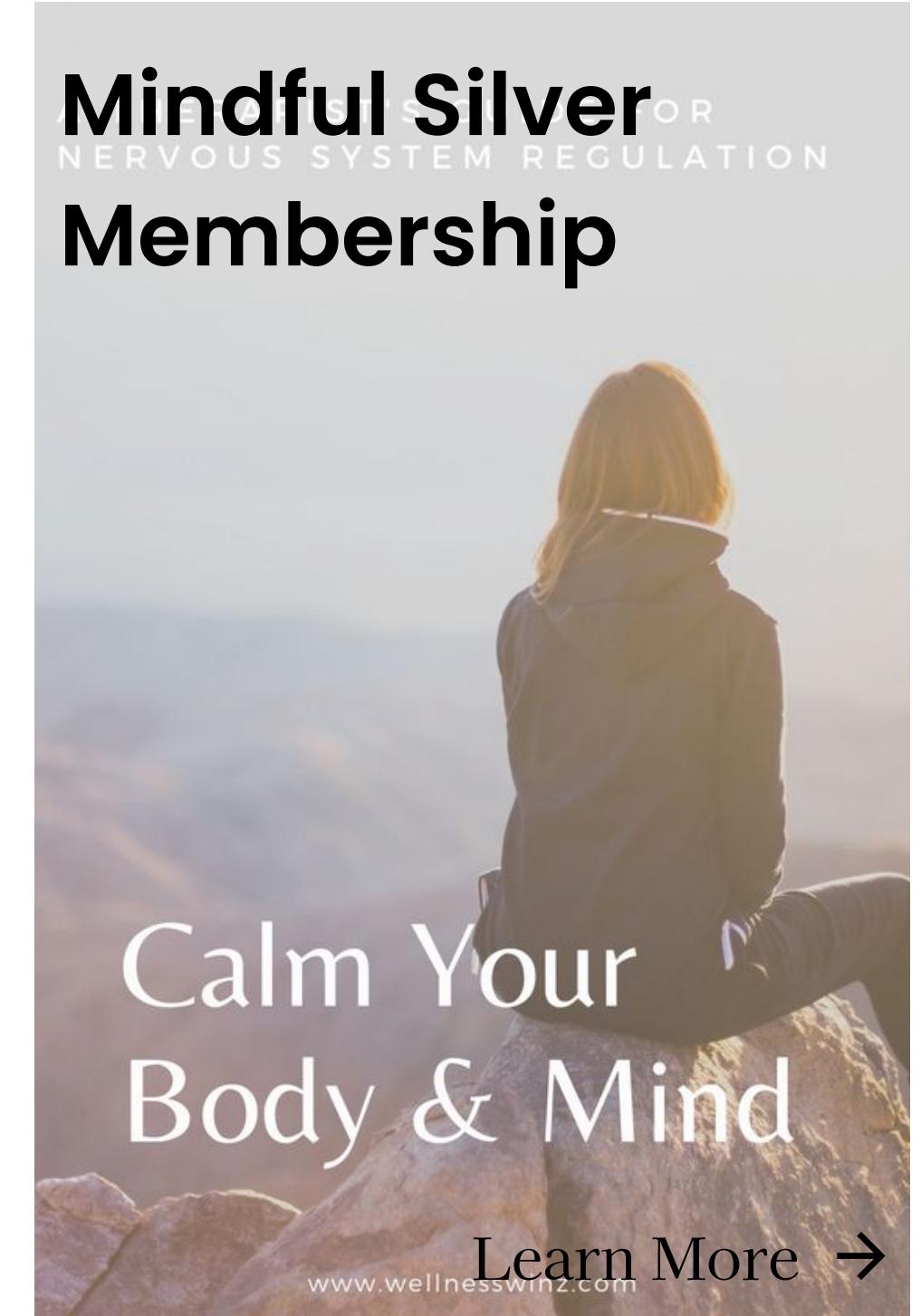
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