

Home

Guided Meditation

Mindfulness

Relaxation

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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 →

# How to Meditate

Meditation is something everyone can do, here's how.

How do you learn to meditate? In mindfulness meditation, we're learning how to pay attention to the breath as it goes in and out, and notice when the mind wanders from this task. This practice of returning to the breath builds the muscles of attention and mindfulness.

When we pay attention to our breath, we are learning how to return to, and remain in, the present moment—to anchor ourselves in the here and now on purpose, without judgement.



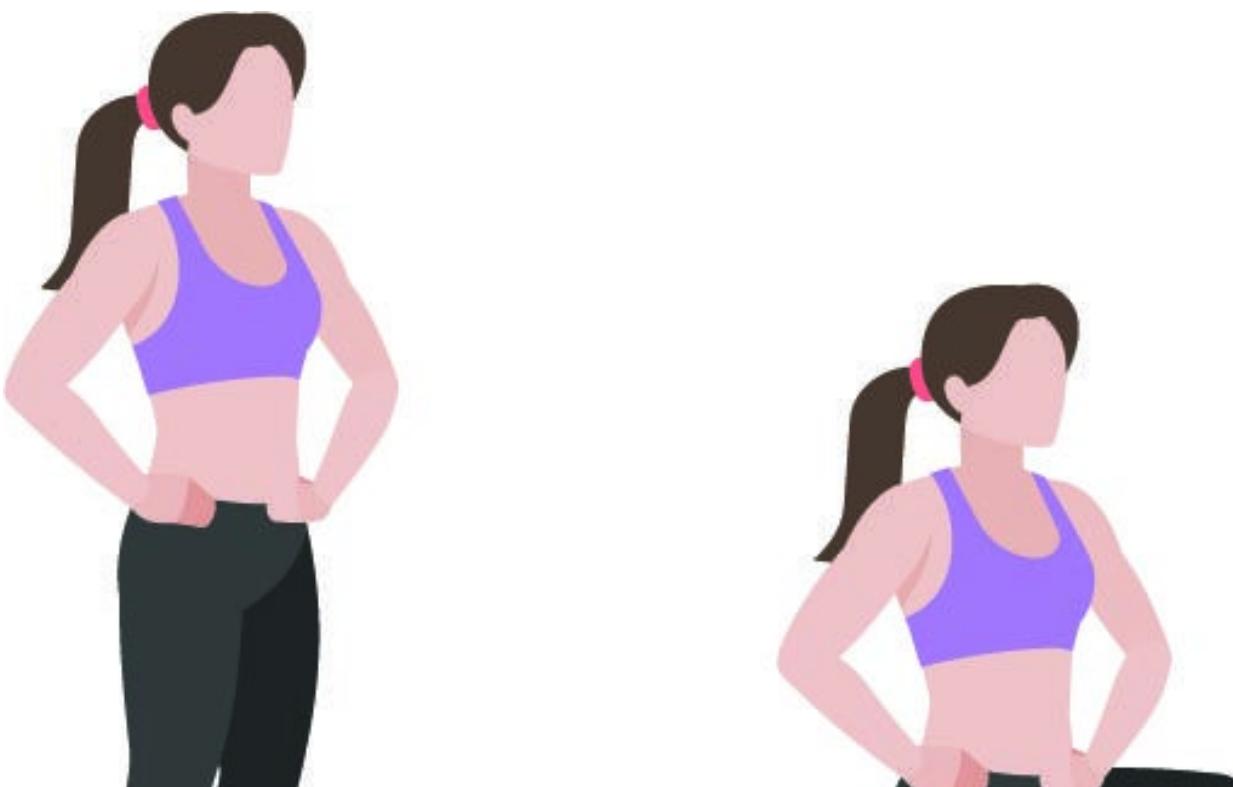
# Mindfulness Exercises

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

## Deep Breathing Exercise



## Stillness Exercise

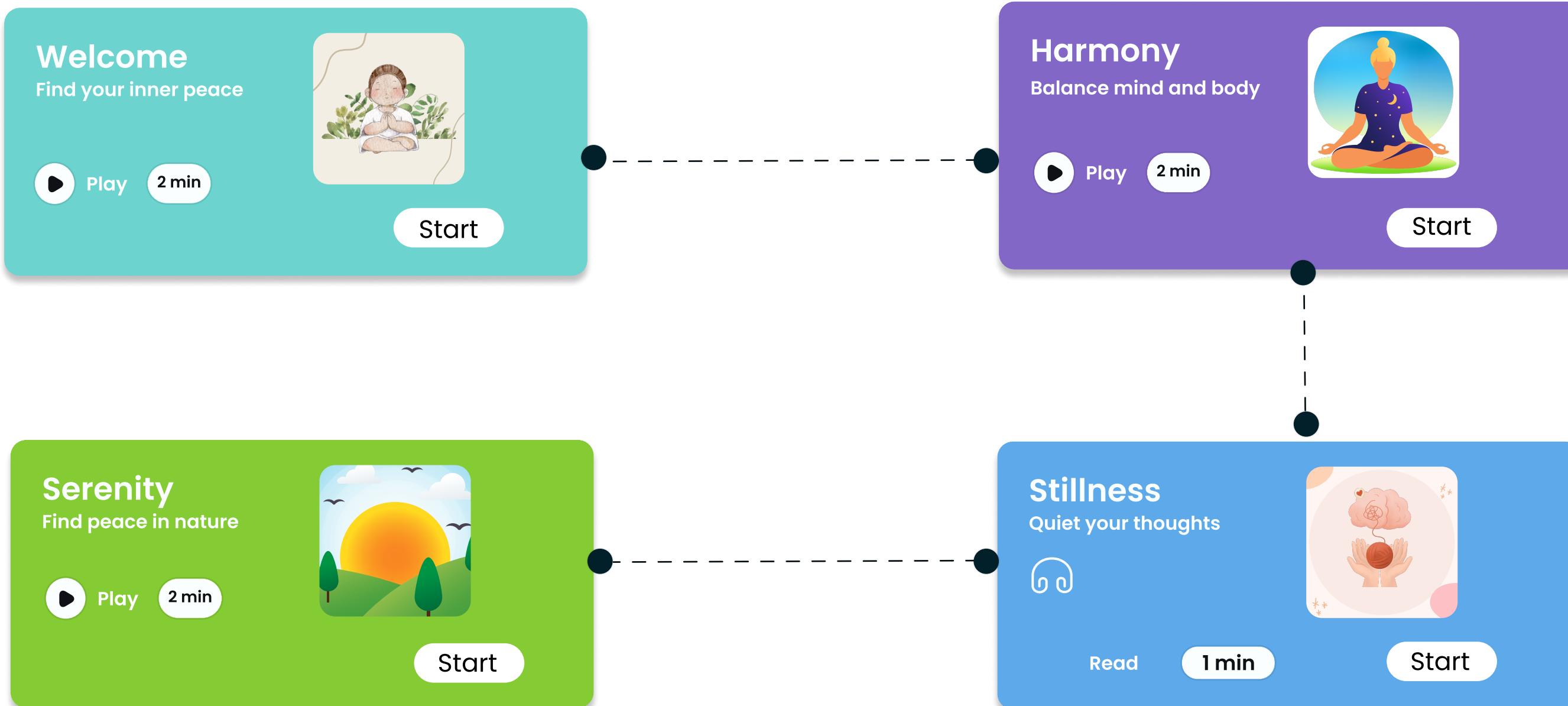


## Body Scan



# 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.



**Raquel Murilo**

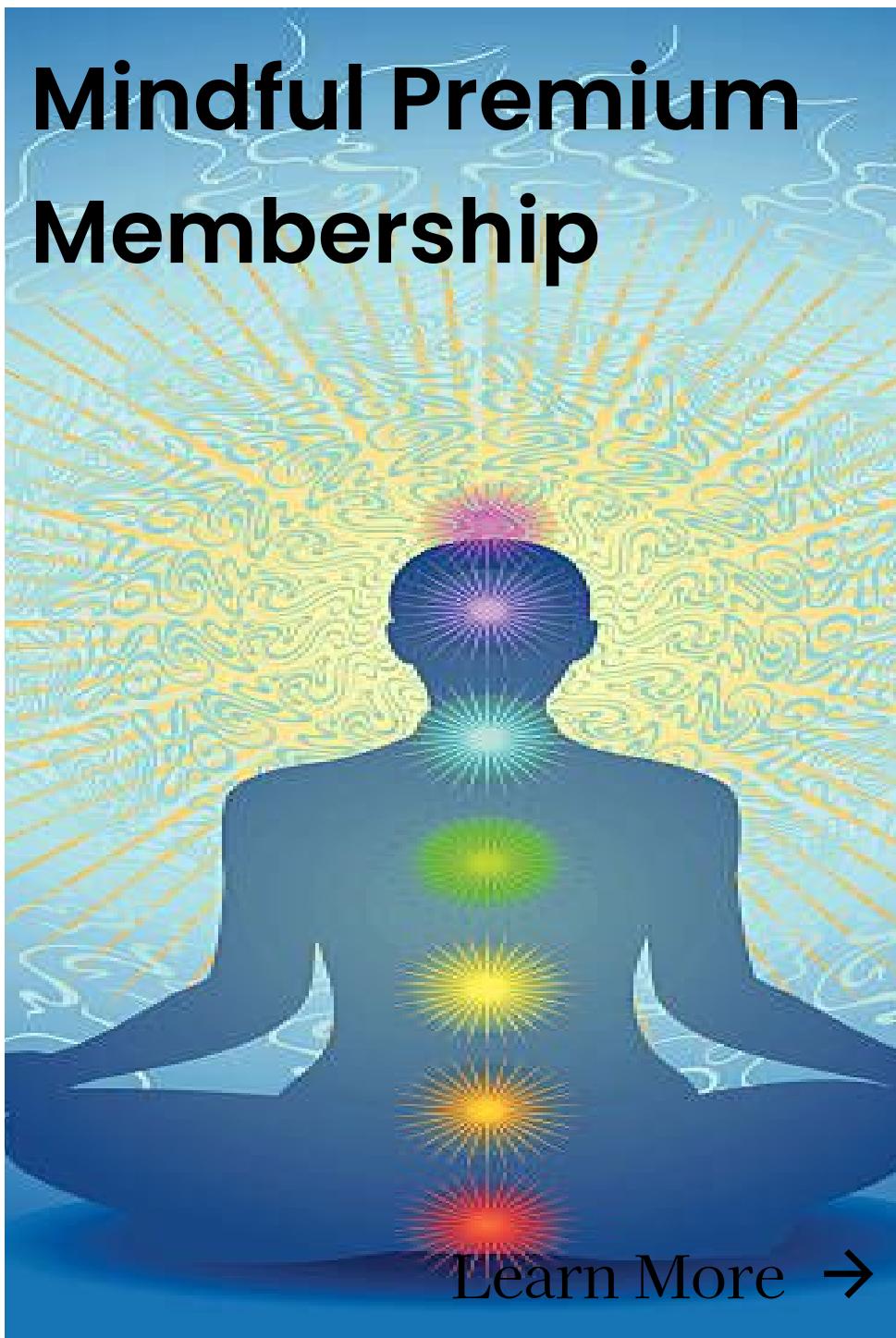
I stumbled upon this mindfulness website during a particularly challenging time in my life, and it's been an absolute game-changer. The resources provided are comprehensive and accessible, guiding me through various meditation practices and techniques that have profoundly enhanced my well-being.



**Jane Doe**

I can't express enough gratitude for stumbling upon this mindfulness website. In a world filled with constant distractions and pressures, it's been my sanctuary of calm. The guided meditations have become my daily ritual, offering me a precious pause to center myself and reconnect with the present moment.

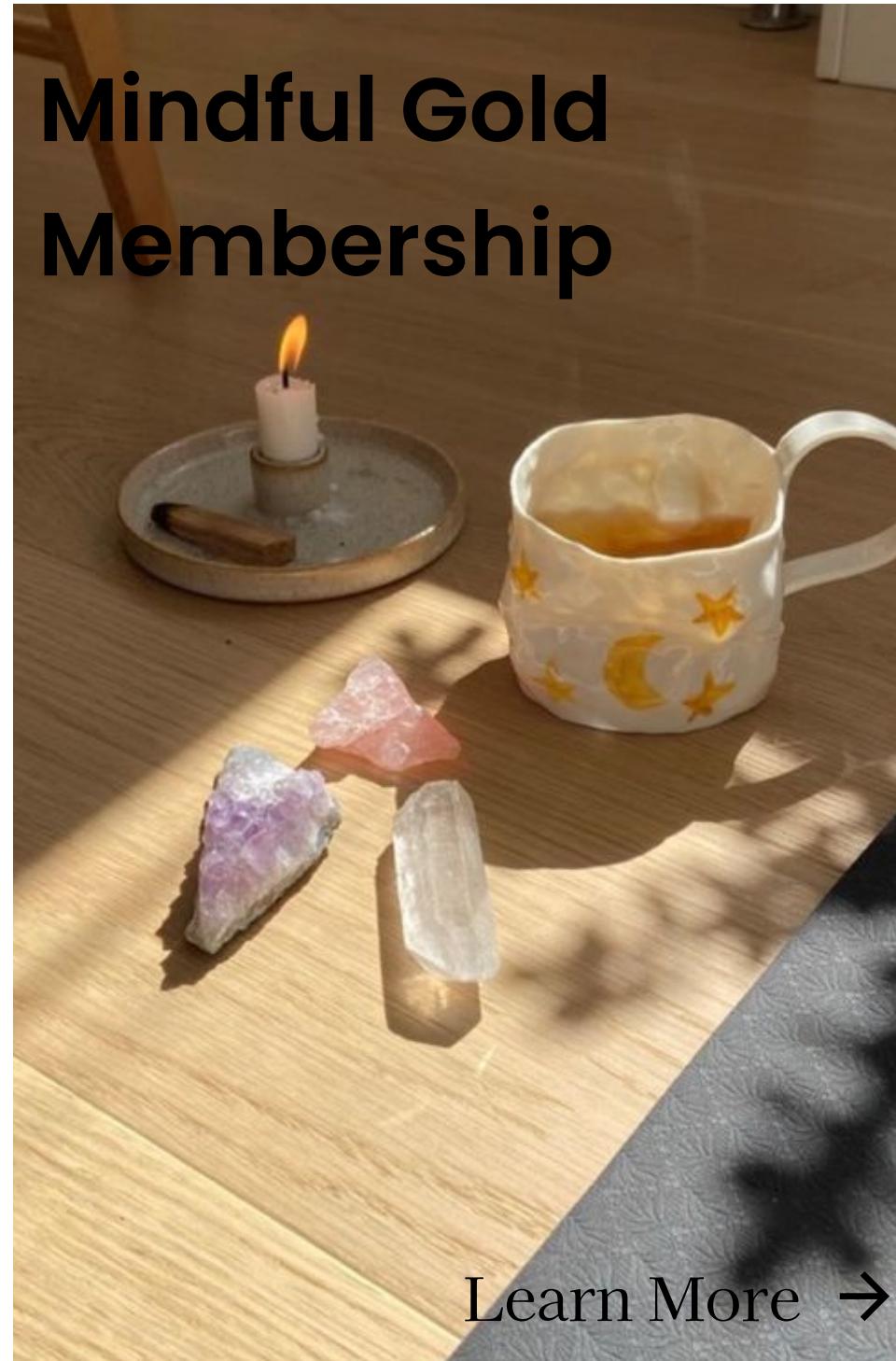
# Our Pricings



A blue-toned illustration of a person in a meditative lotus pose. Inside the silhouette, there are seven colorful, radiating energy centers (chakras) located along the spine, from the base to the crown. The background features abstract, wavy, yellow and blue patterns.

**Mindful Premium Membership**

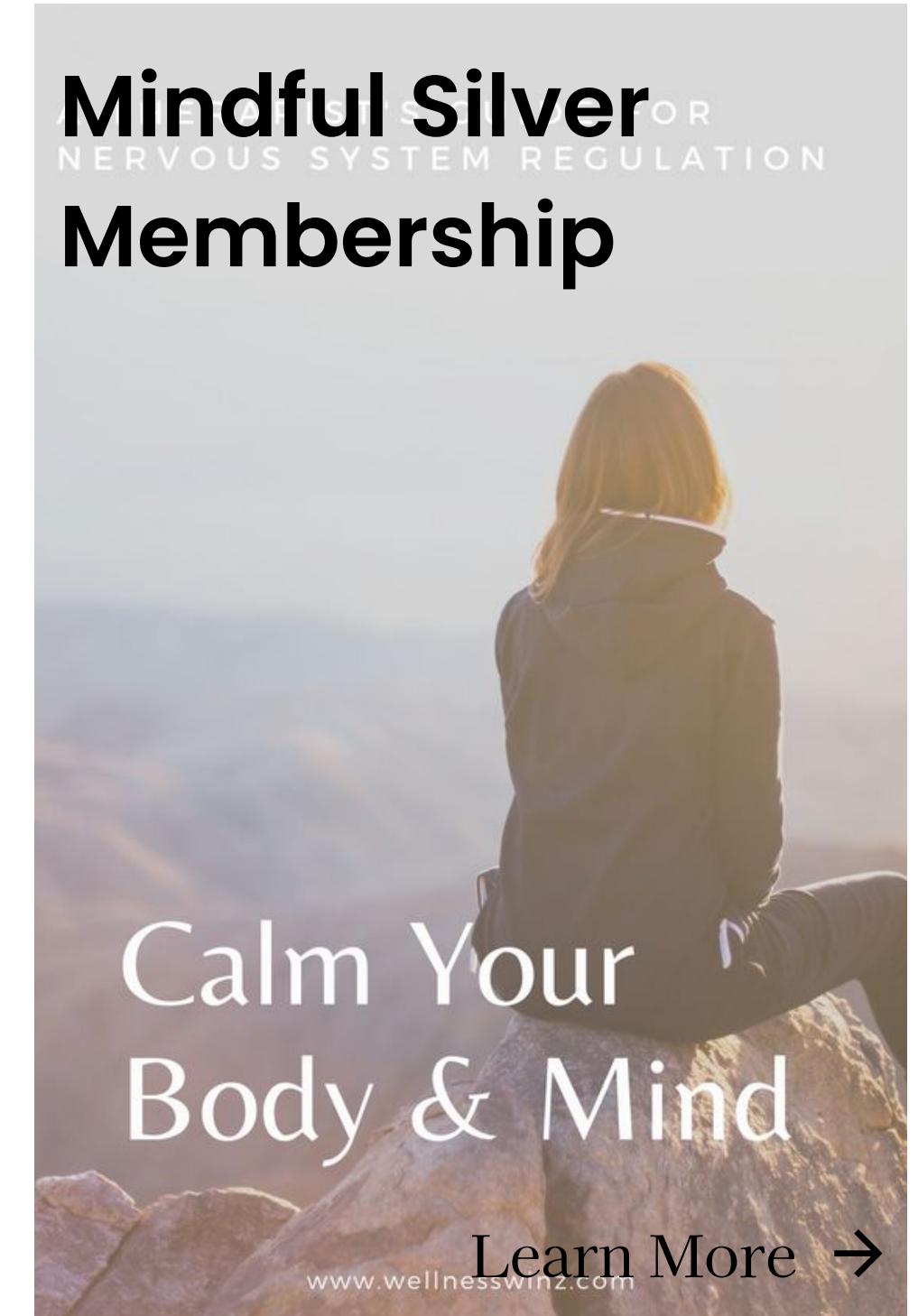
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A photograph of a wooden table with a white mug containing tea, a lit candle in a silver holder, and several small, polished crystals (including amethyst and clear quartz) arranged on the surface.

**Mindful Gold Membership**

Learn More →



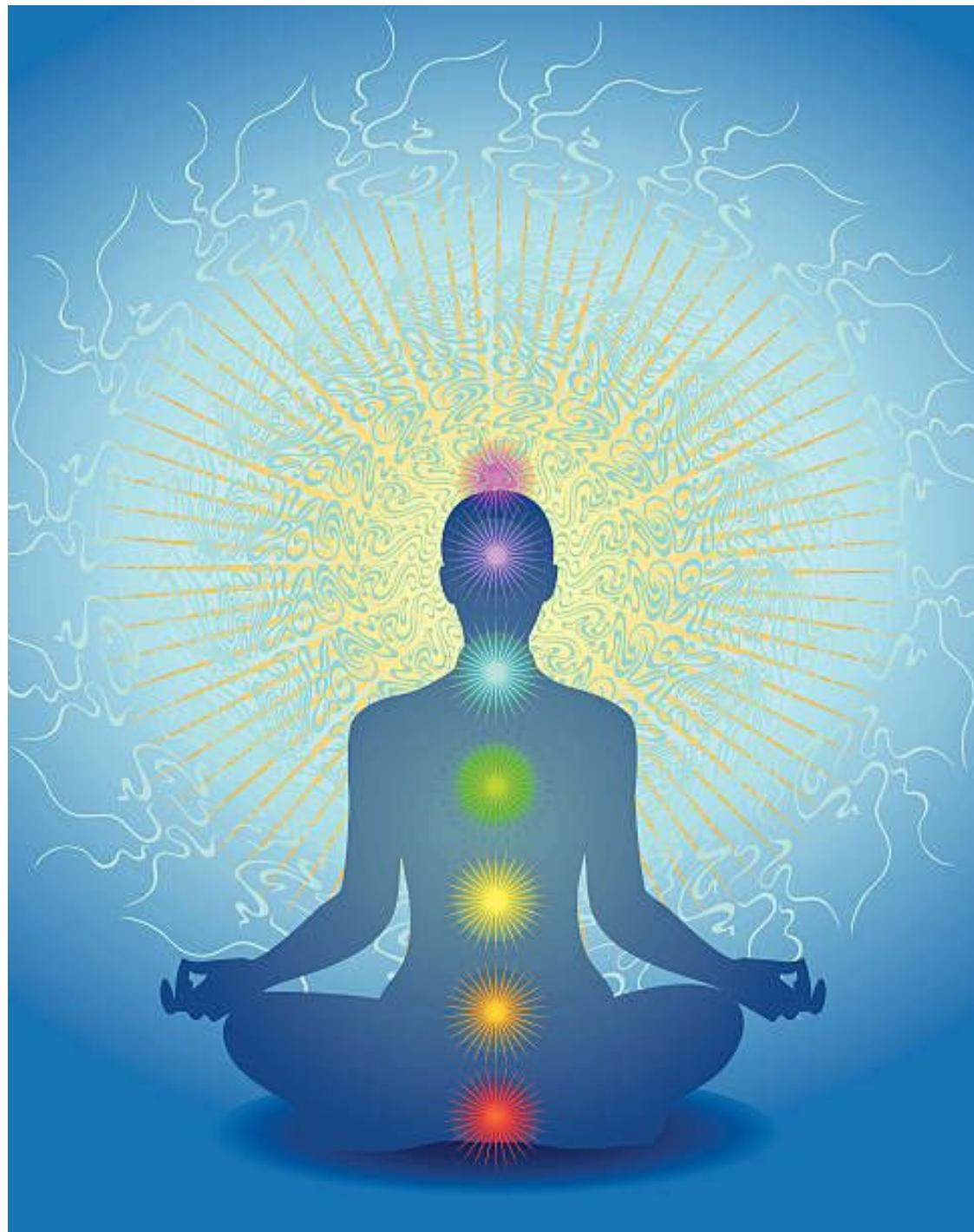
A photograph of a woman with long blonde hair, seen from behind, sitting on a large rock and looking out over a misty, hilly landscape under a bright sky.

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