

Meditation

Sleep

Stress

Mindfulness

Find your ultimate dailiy routine and make it stick

Find your inner calm, one breath at a time

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meditation

Meditation practice is neither holding on nor avoiding; it is a settling back into the moment, opening to what is there: A quote about meditation from Jack Kornfield



Sleep



a noun that refers to the state of being in a resting state with closed eyes, an inactive body, and an unconscious mind.

Stress & Anxiety

A feeling of fear, dread, and uneasiness that can be a normal reaction to stress.



Mindfulness is a state of being aware of your thoughts, feelings, and surroundings in the present moment, without judgment.

Mindfulness

Meditation



Mantra meditation



Movement meditation



Body scan meditation



Loving kindness meditation



Chakra meditation

Sleep



REM sleep



NREM sleep

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Stress & Anxiety



Acute stress



Chronic stress



Episodic acute stress

Mindfulness



Mindfulness-based therapy



Body awareness



Mindfulness-Based Stress Reduction