

Peaceful Golf in Your Mind

How to putt your problems into ABYSS

Types of Mindful

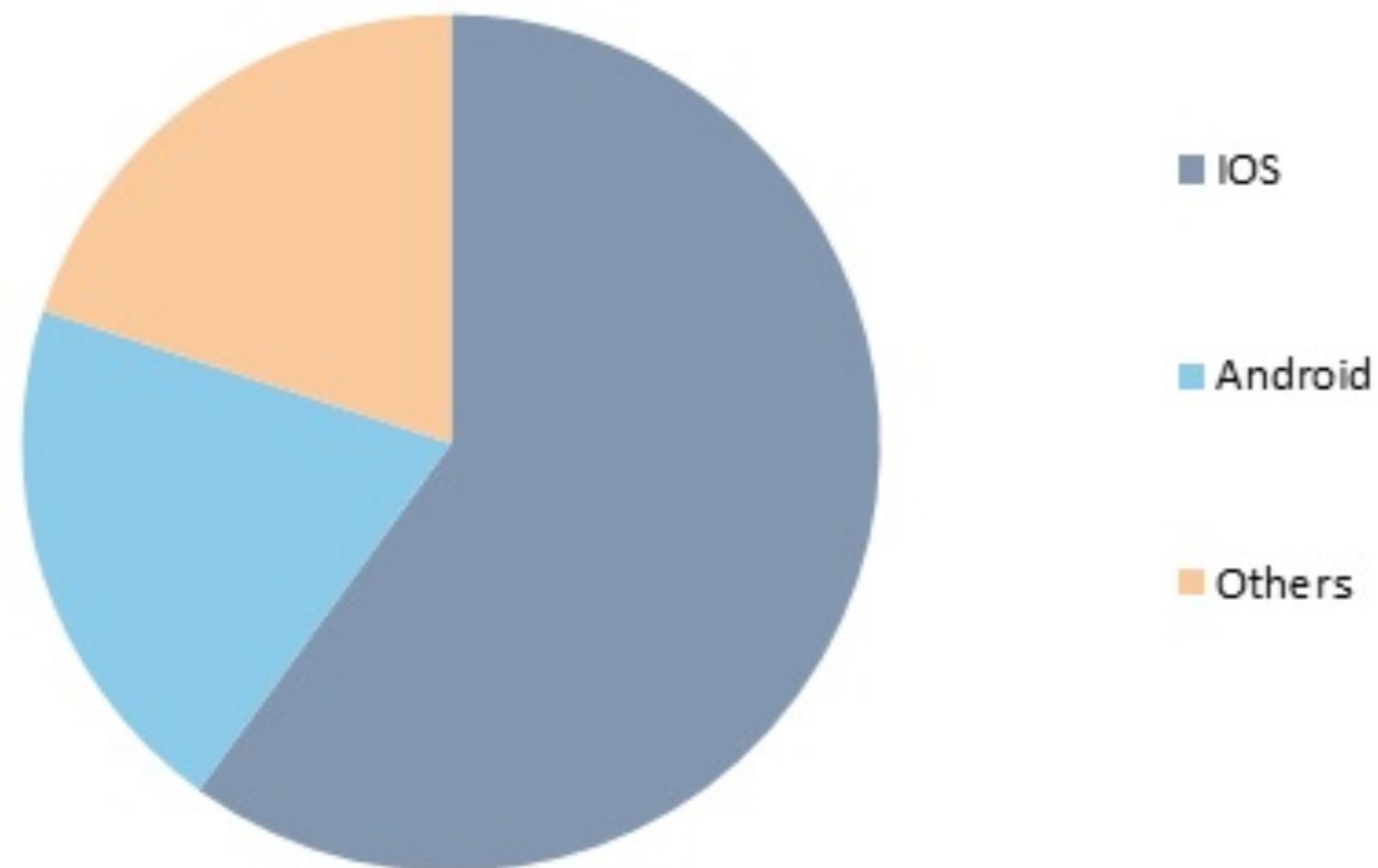
- ▷ WEBSITE - can be used on Laptops,Desktops and Tablets as well as Mobile devices.
- ▷ Android and IOS App

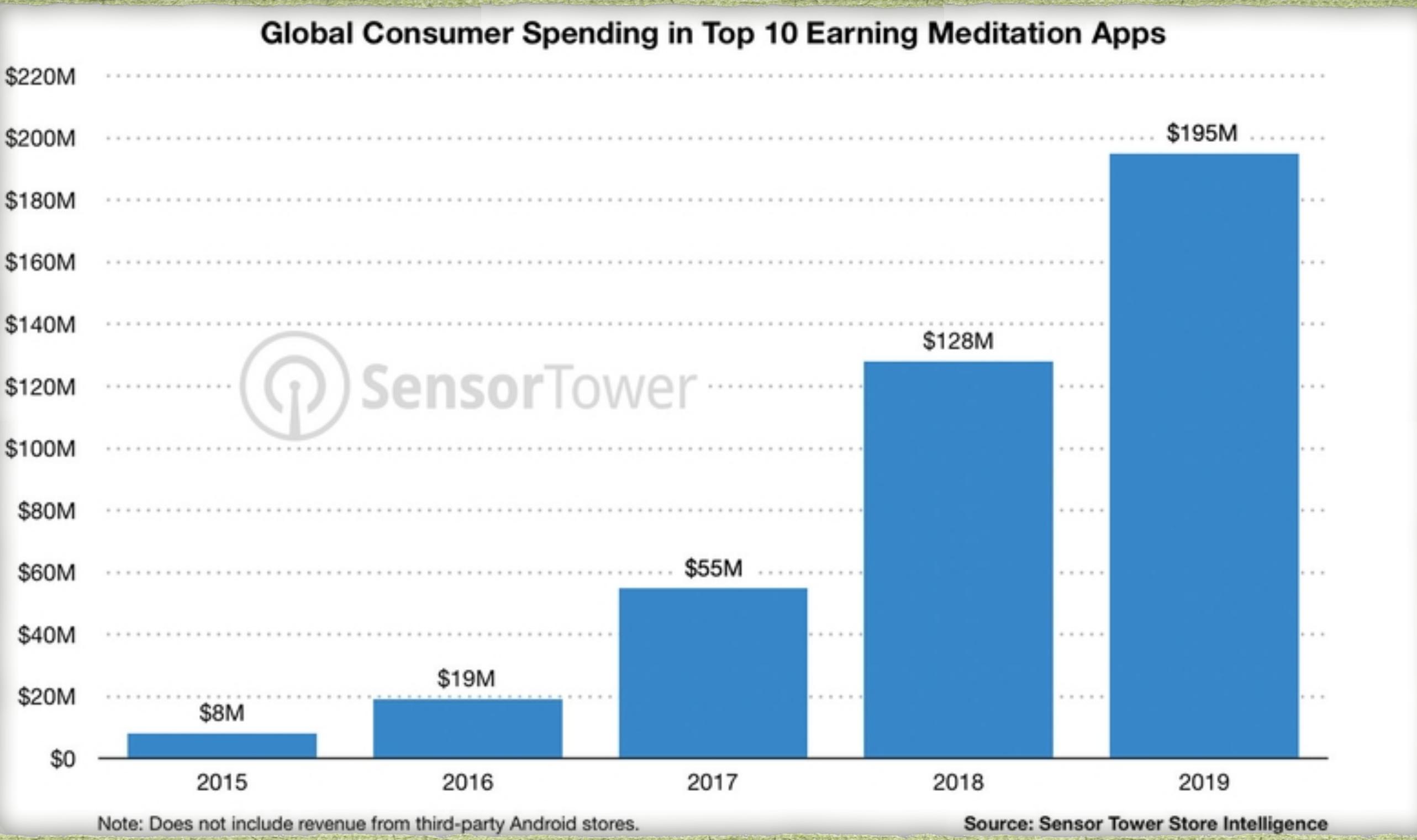
Who are the Subscribers?

- ▷ People stressed out with present day will look for below benefits.
- ▷ Reduced stress
- ▷ better decision making
- ▷ decreased blood pressure.
- ▷ improved mindfulness.
- ▷ it's almost become an essential part of living a healthy lifestyle.

Market Segmentation

**Mindfulness Meditation Apps Market, By
Operating System Segment**





Market Growth UP Until 2019

FEW EXCERPTS

- ▷ The global mindfulness meditation apps market accounted for US\$ 153.6 Million in 2019 and is estimated to be,
- ▷ US\$ 341.9 Million by 2029.
- ▷ Anticipated to register a CAGR of 8.3%.

How to make money from a meditation app?

- ▷ You can choose any from the below-mentioned monetization strategies:
- ▷ Subscription model.
- ▷ In-app advertisements.
- ▷ In-app purchases.

Cost of developing a meditation app?

The total cost of developing such an application depends on various factors including the following:

- ▷ Complexity of the application
- ▷ Features of the app
- ▷ The platform on which the app will release
- ▷ Size of the development team
- ▷ Location of the development team or the custom app development company you hire for your project
- ▷ Design as well as the backend of the app
- ▷ Tools and technologies to be used during the app development

Best APPS in the Market

Apple IOS, Android and Others

CALM

- ▷ [iPhone](#) rating: 5 stars
- ▷ [Android](#) rating: 4.5 stars
- ▷ Price: Free with optional in-app purchases
- ▷ This award-winning app has
 - ▷ Calming exercises
 - ▷ Breathing techniques
 - ▷ Calm Kids section with meditations for kids between 3 and 17.



APP UI

What brings you to Calm?

Select all that apply

- Develop gratitude
- Better sleep
- Reduce anxiety
- Build self-esteem
- Improve performance
- Increase happiness
- Reduce stress

[Skip for now](#) [Continue](#)

How have you been feeling lately?

- Good
- Stressed
- Sad
- Indifferent

How have you been feeling lately?

- Stressed

That's OK.

Recognizing how you feel is an important part of mindfulness, so we'll keep checking in with you.

[Continue](#)

What's typically the biggest source of stress for you?

- Money
- Work or school
- Health
- Relationships
- Family responsibilities
- Other

Headspace

- ▷ [iPhone](#) rating: 5 stars
- ▷ [Android](#) rating: 3.5 stars
- ▷ Price: Free with optional in-app purchases.
- ▷ Meditations for sleep including music.
- ▷ nature soundscapes.
- ▷ Storytelling sleepcasts.



APP UI

The image displays five screenshots of the Headspace mobile application's user interface, arranged horizontally on a textured, aged paper background.

- Screenshot 1:** A welcome screen titled "Hi there!" featuring a cartoon character wearing headphones. It asks, "Before you start, we have just a few questions". Below the character are three orange buttons labeled "None", "A little", and "A lot". A note says, "A great foundation. Your sessions will start at: 5 MINUTES ▾". Buttons for "BEGIN" and "NEXT" are at the bottom.
- Screenshot 2:** A screen asking "What's your experience with meditation?". It shows three orange buttons: "None", "A little", and "A lot". The "A little" button is highlighted. A note below says, "A great foundation. Your sessions will start at: 5 MINUTES ▾". A "NEXT" button is at the bottom.
- Screenshot 3:** A screen titled "What brings you to Headspace? Choose your main reason". It lists several options with icons: "Sleeping better" (blue), "Being less stressed" (purple), "Finding calm" (teal), "Being more focused" (pink), "Managing anxiety" (green), and "Just checking it out" (yellow). A note at the bottom states, "Headspace has not been proven to nor is intended to diagnose, treat, or cure attention deficit disorders." A "NEXT" button is at the bottom.
- Screenshot 4:** A screen titled "When do you want to meditate?". It shows a morning routine with four items: "After waking up", "After brushing your teeth", "After eating breakfast", and "After taking a shower". A note says, "You're more likely to build a habit if it's anchored to your existing routine.". A "NEXT" button is at the bottom.
- Screenshot 5:** A screen titled "Turn on your notifications so we can give you a nudge". It features a cartoon character holding a phone. It lists three notification types: "Your focus is Being more focused" (purple), "You'll start with 5 minute sessions" (blue), and "You'll meditate After taking a shower". A note says, "REMINDERS ARE ON". Buttons for "ENABLE NOTIFICATIONS", "NOT NOW", "MEDITATE NOW", and "EXPLORE THE APP" are at the bottom.
- Screenshot 6:** A screen titled "So, to recap". It lists the same three notification types as Screenshot 5. A note says, "Turn on your notifications so we can give you a nudge". A "ENABLE NOTIFICATIONS" button is at the bottom.

CONCLUSION

- ▷ The idea we discussed for 15 mins needs more exploration, because we have bigger market than we discussed :)
- ▷ START RIGHT, GO BIG is my approach to your website idea :)
- ▷ I would start with a WEBSITE like you asked keeping in mind that it will be an app in the future for the masses.
- ▷ Can we have a more Personal Meet to discuss what is your vision for the Website/APP ?

Questions?

