

# Helpful apps for relaxation or meditation

You may find the following apps helpful:

- Mindfulness
- MindBody
- SmilingMind
- Headspace
- Buddhify
- 10% Happier
- Calm
- Stop Breathe and Think
- Insight Timer
- Breathe

Youtube using the following keywords: Relaxation, Mindfulness, Meditation, or Guided Meditation



Cottage  
Health

GOLETA VALLEY | SANTA BARBARA | SANTA YNEZ VALLEY