



## Guided Meditation

There are many guided meditation apps, podcasts, and online videos available, some of them are free and others paid, such as:

Headspace: ..... [www.headspace.com](http://www.headspace.com).

Insight Timer: ..... [www.insighttimer.com](http://www.insighttimer.com).

Calm: ..... [www.calm.com](http://www.calm.com).

10% Happier: ..... [www.tenpercent.com/podcast](http://www.tenpercent.com/podcast).

Stop, Breathe & Think: ..... [www.stopbreathethink.com/](http://www.stopbreathethink.com/).

Guided Meditation: ..... <https://www.youtube.com/watch?v=ihO02wUzgkc>.