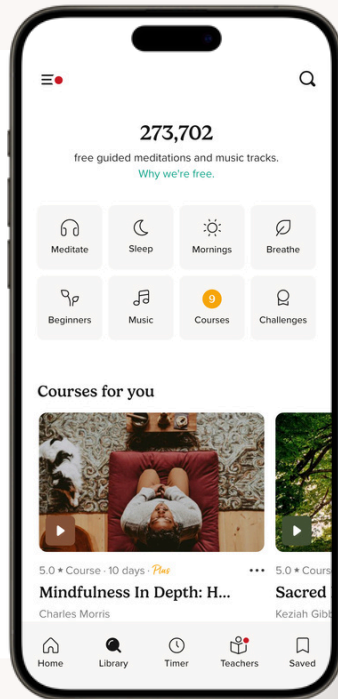


How To Use Insight Timer

What is Insight Timer?

The world's largest library of free meditations with 300k tracks from psychologists, wellbeing experts and mindfulness teachers.

Here to help you build healthy habits and support you between therapy sessions, for free.



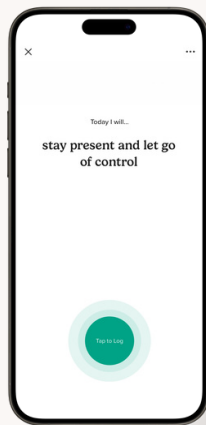
Free Features

- Guided Meditations
- Breathwork Practices
- Meditation Timer
- Mood Tracker
- Journal Feature
- Intention Setting
- Playlists
- Live Yoga
- Support Groups

A Tool For Your Daily Wellbeing



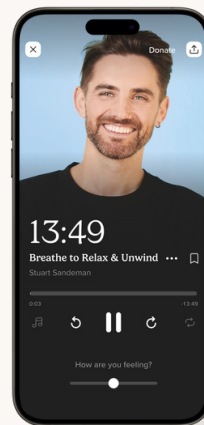
Explore **guided meditations** from our 250,000 free practices



Set daily intentions to stay aligned with your goals



Track your mood and understand what shapes it



Support your nervous system through **breathwork exercises**



Enjoy **free live yoga and meditation classes** with our global community

