

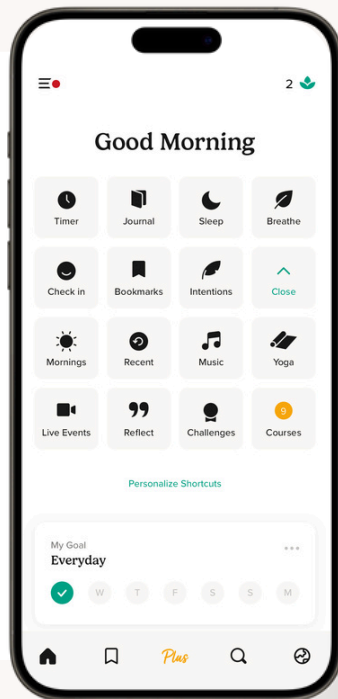
How To Use Insight Timer

With Your Clients

What is Insight Timer?

The world's largest library of free meditations with 250k tracks from psychologists, spiritual leaders and mindfulness teachers.

Here to help your clients build a personalized and effective wellness routine between sessions, for free.



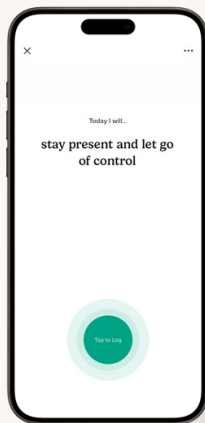
Free Features

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

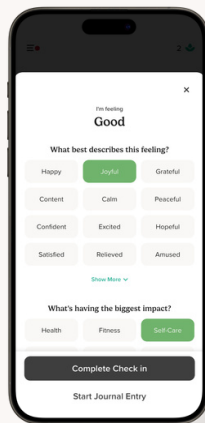
Ways to Integrate Insight Timer with Your Clients



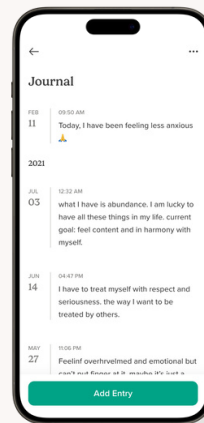
Assign **practices** from our 250k free tracks



Encourage clients to set **daily intentions**



Invite clients to **track their mood**



Help clients process thoughts with **journaling**



Clients can **share their stats** to track progress

