

# Insight Timer

Almost everything will work again if you unplug it for a  
few minutes, including you.

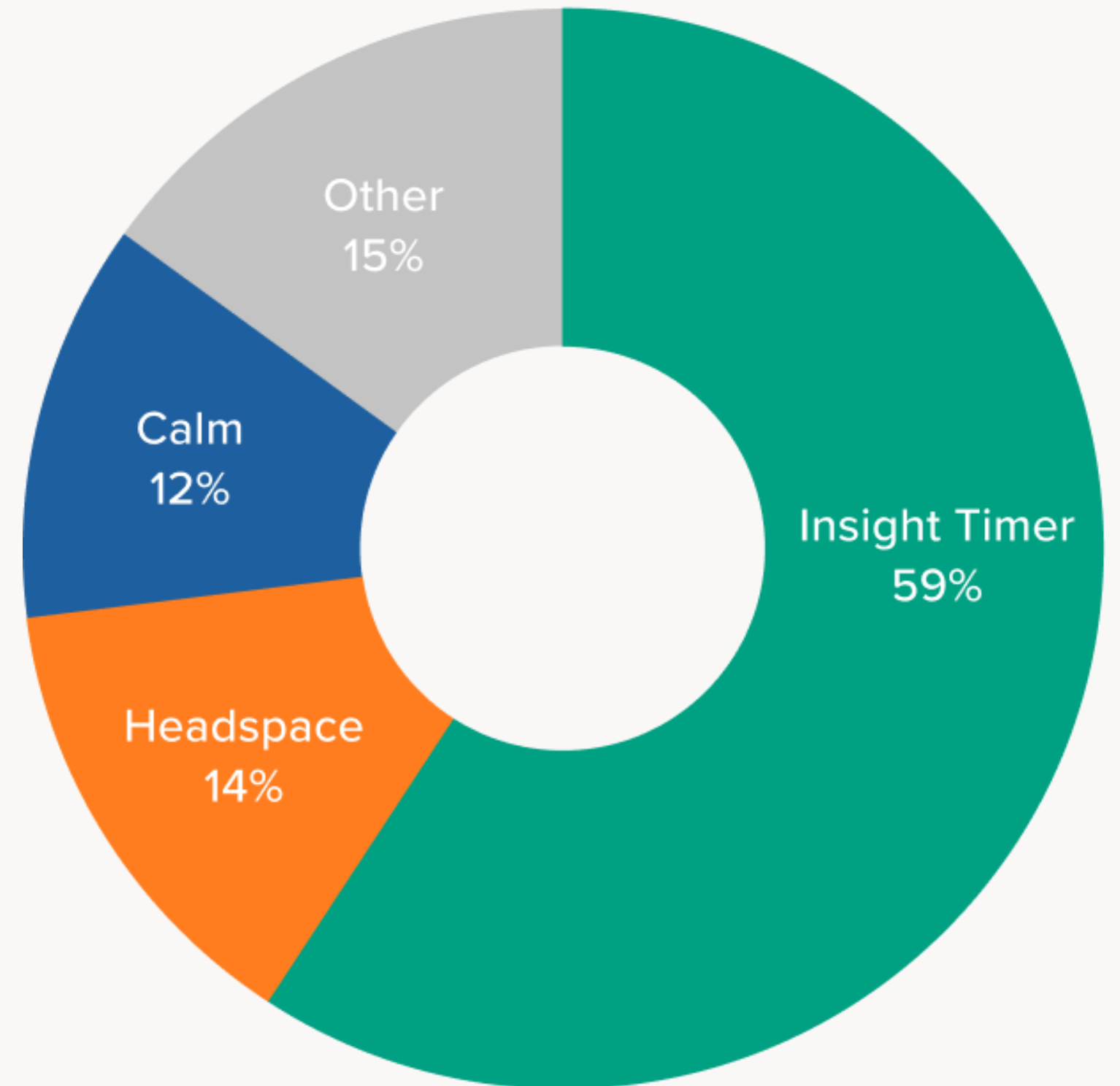
Anne Lamott

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Insight Timer is the world's largest free meditation and wellbeing platform with 30 million users. We're home to 300,000 practices & scientifically backed tools for your mental health, focus and sleep.

**More time is spent on Insight Timer** than all other wellbeing apps combined.

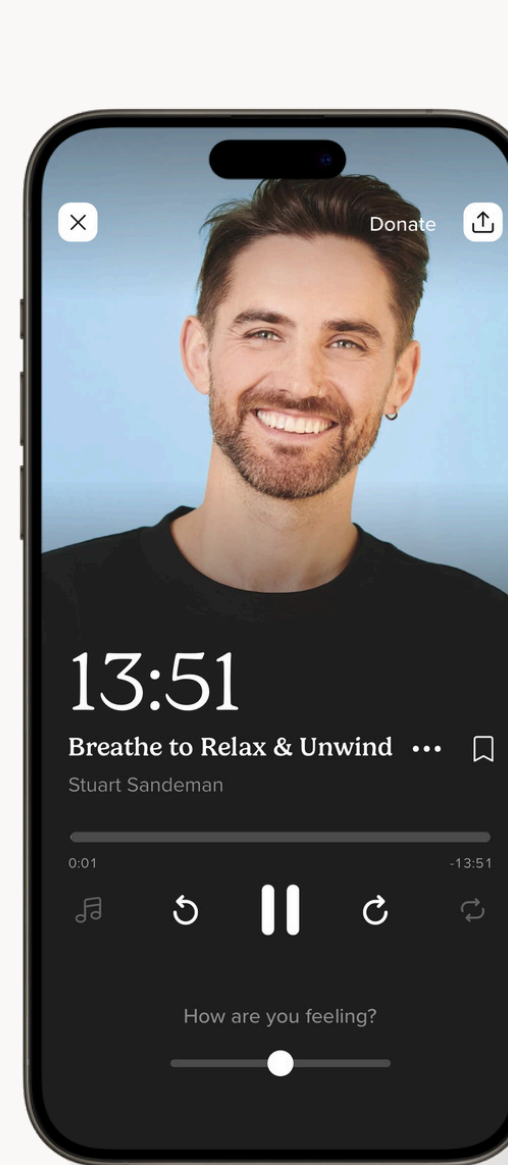
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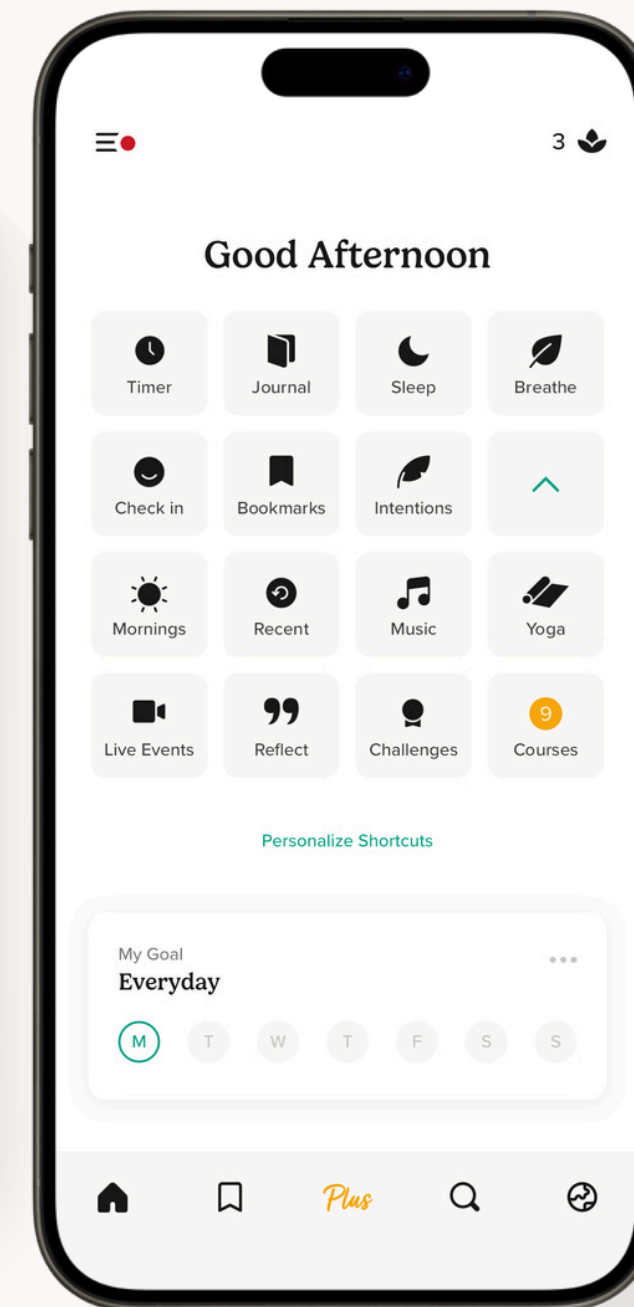
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Wellbeing looks different for everyone. Whether it's meditation, yoga, breathwork, journaling, or music—whatever helps you feel better, you'll find it here. For free.

- **Breathwork** for nervous system regulation
- **Guided meditations** for stress and anxiety
- **Morning yoga** to set the tone for your day
- **Quotes & affirmations** to inspire
- **Music & soundscapes** to improve focus
- **Sleep tools** to unwind after work



**300 000+** guided practices, talks and soundscapes



**Free access** all the wellbeing tools you'll need



Free **live yoga** with certified teachers

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Life often throws stress, challenges, and sleepless nights our way. While quick fixes might help in the moment, real wellbeing comes from making meditation a consistent practice.

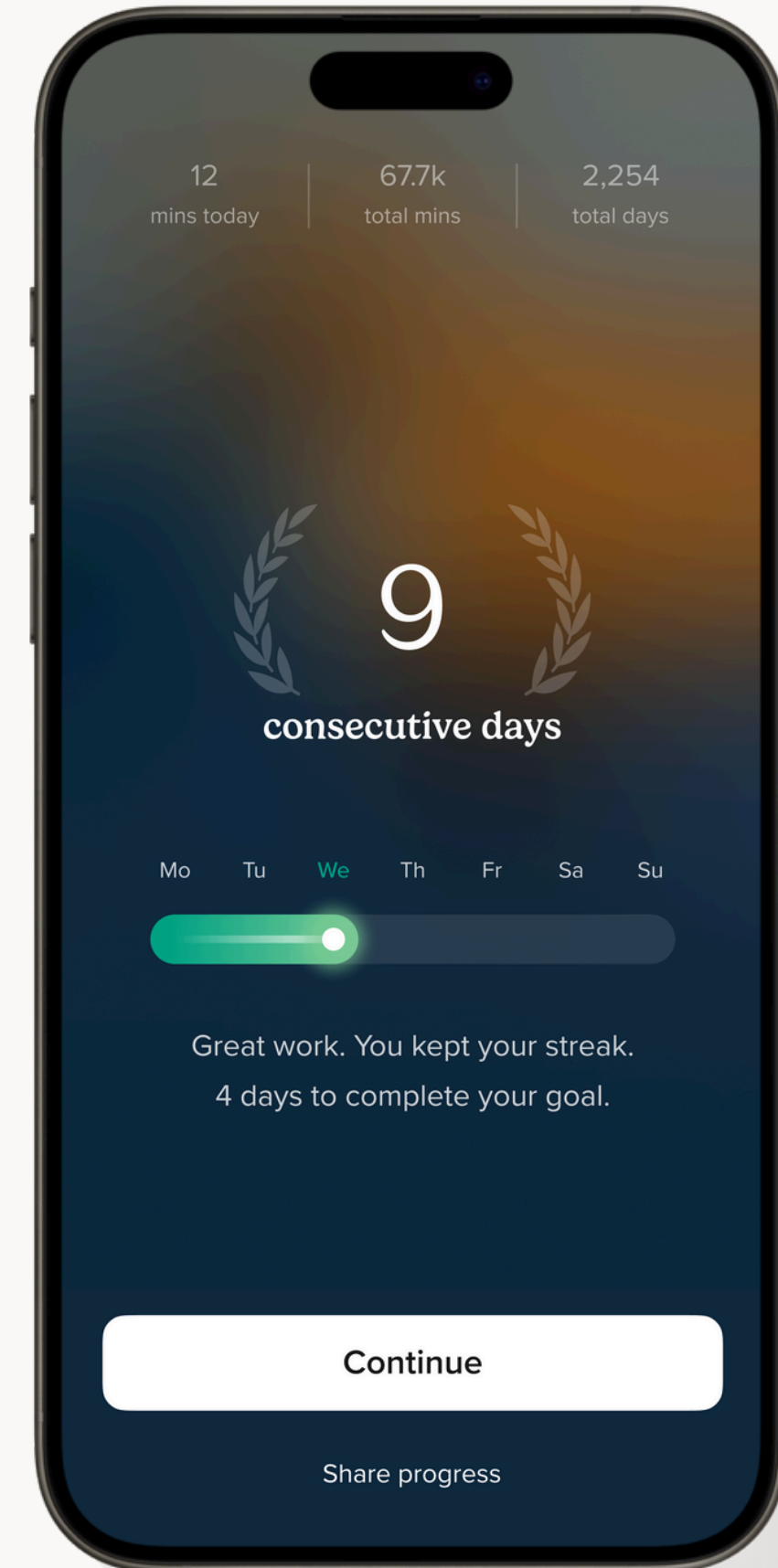
A study of 10,000 Insight Timer users found those who practised regularly experienced:

**A Better Mood** – Everyday life felt lighter

**Greater Resilience** – Stress was easier to handle

**More Clarity & Calm** – Learnt to respond, not react

InsightTimer



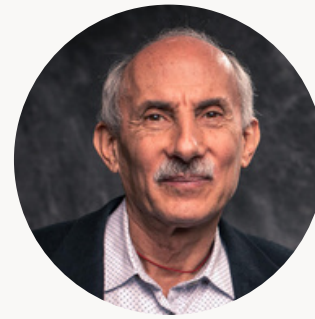


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The only app that  
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world's leading  
psychologists,  
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**Richard Schwartz**  
Creator of Internal Family  
Systems (IFS)

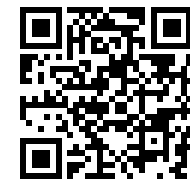
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# Let's help get you started.



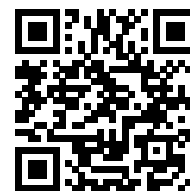
## Learn How to Meditate

A free, 7-day course on the basics of meditation.



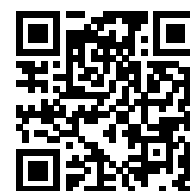
## Nervous System Reset

Use your breath, balance emotions and keep calm.



## Breathwork Basics

Stay calm and clear, anchoring in your breath.



## Stress & Anxiety Tools

Breathwork, mindfulness and relaxation techniques.



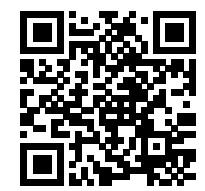
## Sleep & Insomnia Relief

Fall asleep easily, and stay asleep.



## Morning Practices

Start Your day with intention and focus.





# No two journeys are the same

Get Started Today. For Free



InsightTimer