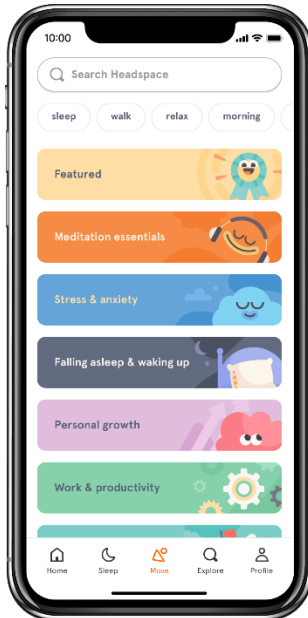


Welcome to the Headspace Mobile App Content Intro!

Here is just some of the content waiting for you in the Headspace Mobile app...

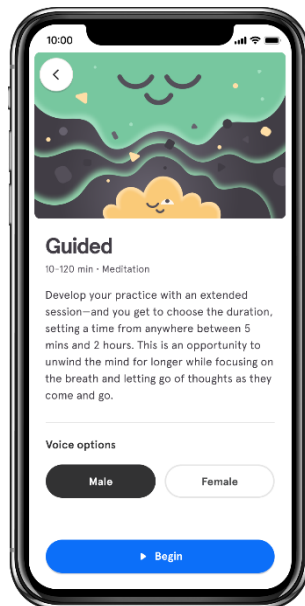
Main menu



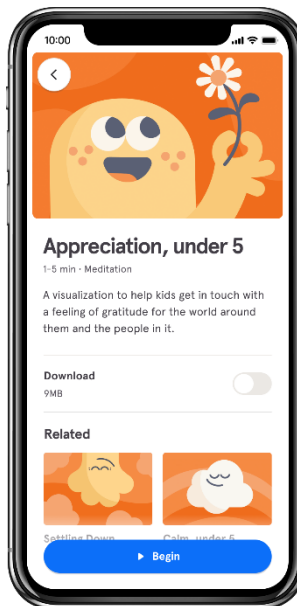
Spotify player integration



Guided Meditation



Kids Meditation



Mindful Eating



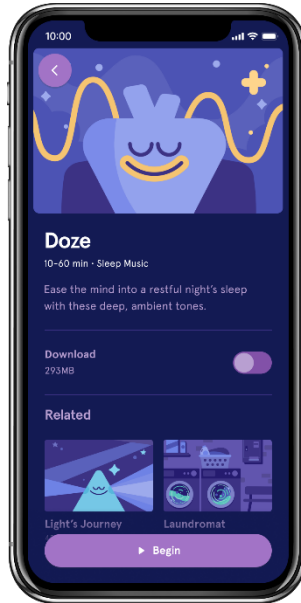
Meditation

Learn to mindfully manage feelings and thoughts with the lifelong skill of everyday mindfulness, any time of the day.

Sleepcast



Sleep Music

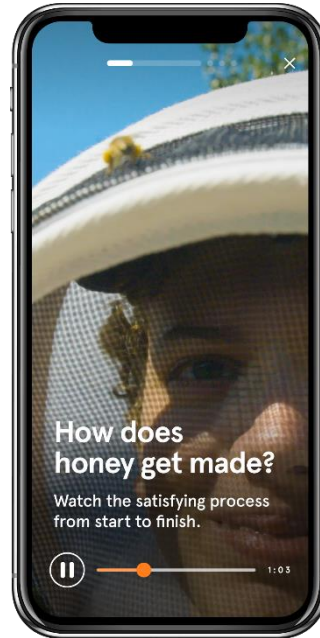


Sleep

From waking up in the night to switching off after a long day, create the conditions for a restful night's sleep with sleepcasts, music and other unique audio experiences.

The Wake Up

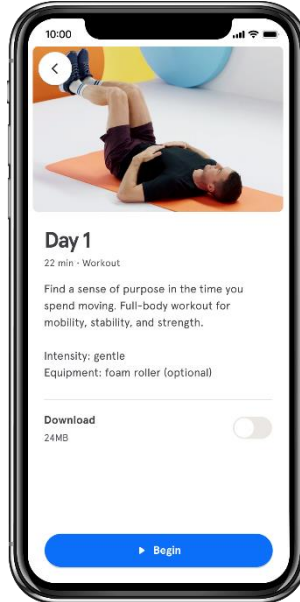
Inspiring stories and mini-meditations delivered daily to help you start your morning right.



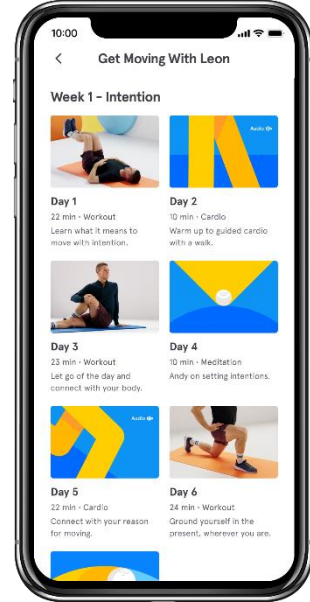
Move Mode

Train your body and your mind at the same time with exercises to strengthen your mental and physical well-being.

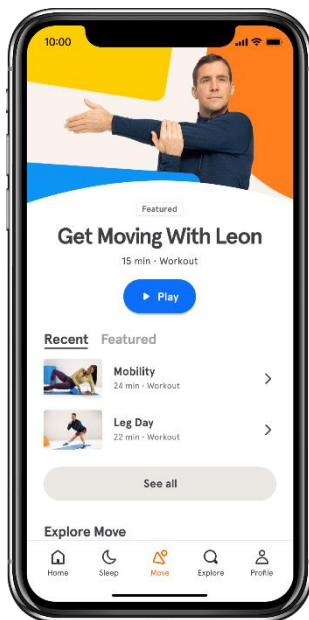
Move - Content



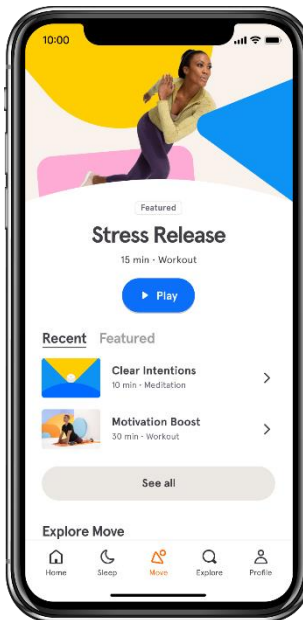
Move - Program



Move with Leon



Move with Kim



Explore Move

