

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

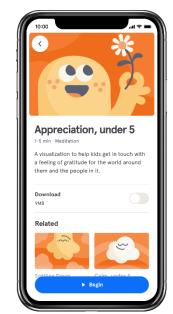


Spotify player integration



Guided Meditation

Kids Meditation



Mindful Eating

10:00

Mindful Eating

Become more aware of your relationship to food and the thoughts that drive your choices.

10-20 min · Course

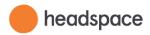
Learn

Meditation

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







Sleepcast



Sleep Music

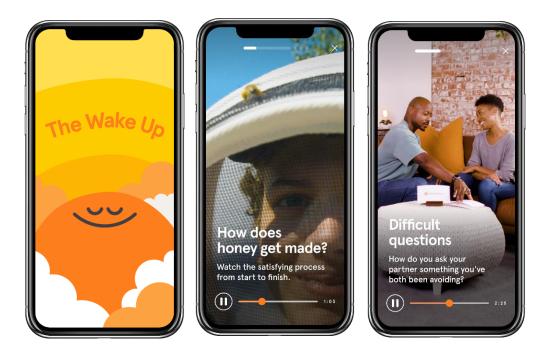


Sleep

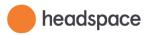
From waking up in the night to switching off after a long day, create the conditions for a restful night's sleep with sleepcasts, music and other unique audio experiences.

The Wake Up

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





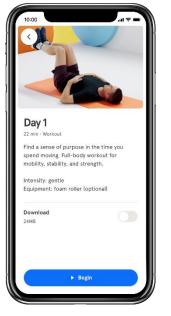


Move - Content

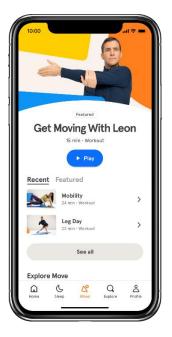
Move - Program

Move Mode

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



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Move with Leon

Move with Kim

10:00 Featured Externed Stress Release Is min - Workout Prisy Recent Featured Dimin - Meditation 10 min - Meditation So min - Workout So min - Workout Dimin - Meditation So min - Workout So min - W **Explore Move**

