

Meditation Apps for Beginners



Sat, August 23rd 2014
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We'll cover:

Apps

Stop, Breathe & Think

Insight Meditation Timer

Short 15-20min sitting

It can be difficult to take the time to sit and meditate and apps can help encourage and reinforce positive habits.

Apps can also help you track your mood and make more conscious decision about positive thinking and stress reduction.

Finally meditating without a timer is tough and using one let's you relax about meditating for too short or too long!

Our lives can get very busy, very fast, and technology is a big part of that –but some technology can actually help you de-clutter and relax.

Stress is a huge cause of illness, physically and mentally.

Meditation (and mindfulness) has been clinically shown to help in a ton of ways.



Here at EPL



<http://stopbreathethink.org/>


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Stop Breath & Think

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The stop breath & think app is a consciousness awareness app used for mood monitoring and meditation.

When you open the App for the first time during the day Stop Breath & Think will ask you how you are feeling mentally and physically and this information is stored in a timeline.

After your mood has been determined the App will suggest a few short meditation options that compliment the way you are feeling.

Unfortunately right now this is only available at the App store





INSIGHT TIMER

Insight Timer is a meditation app that let's you time and record sittings. You can select from bells and other traditional Japanese instruments to begin and end sessions.

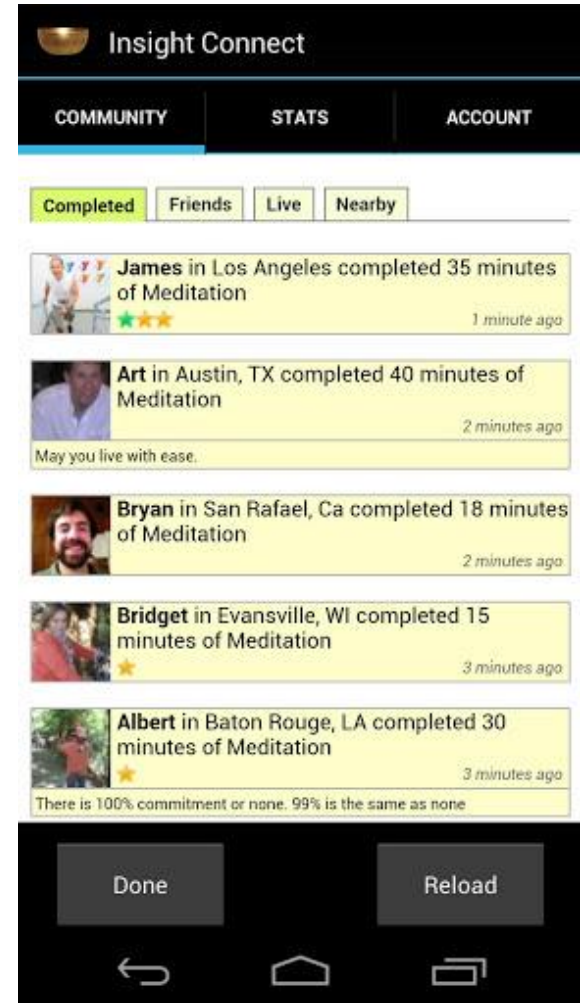
There are also a host of uploaded guided meditations to choose from but will vary in quality.

Meditation session statistics are recorded and tracked which can help encourage and show meditation progress!



Apart from the timer, Insight also has social connectivity.

After a sitting, other users around the globe are shown and members can write each other messages and join real or virtual meditation groups through the App.



Now using the Insight Timer we'll have a short fifteen minute meditation sitting:

Sit upright in your chair.

Breathe quietly.

Count your outgoing breaths from 1 to 36 if you don't already have a practice.

If you lose count start over, if you count to 36 start over.

Upcoming Classes at EPL:

Yoga to Youtube

Thurs, September 4th 9:30am-11:00am



Upcoming Classes