

# Insight Timer

## 5 Wellbeing Apps in 1... For Free!

Insight Timer is the largest library of meditation, sleep, breathwork, yoga and contemplation tools in one app. Great for both beginners and experienced practitioners Insight Timer allows you to build healthy habits and create a wellbeing routine that works for you.



## Free features on the app for members include:

Watch and engage with teachers in Live Meditations and Yoga Events every hour of the day.

Stream over 190,000+ guided meditations and music tracks and create playlists for what you like.

Access the world's most popular meditation Timer with polyphonic bells and ambient sounds

Select tracks from 17,000+ meditation Teachers and 500 Topics to aid your practice

Create or join groups to connect and meditate with your friends and the community in real-time

Sync devices and track your progress with stats, milestones and journaling for tracking your progress

Enjoy all features directly from their website or download the app from the App Store on your laptop or phone.

 [Click here to explore Insight Timer for Free!](#)

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