

The Mindfulness App II



Meditation helps people find balance in life. Research shows that mindfulness both prevents and reduces the risk of relapsing in stress-related illness or depression. **The Mindfulness App II** is a tool to be more fully here in the life that we're living.

- You can easily choose among 6 new guided meditations – Mountain meditation, Lake meditation, Lovingkindness meditation, Standing meditation, Walking meditation and a longer Body Scan. Choose the type of meditation that suits you in the moment – for example if you have some time in the subway, on the bus, in a queue or if you just want to sit for a while.
- By setting reminders at times and days of your choice you can get a message when it's time to meditate.
- You can also set reminders randomly or be reminded when you arrive or leave a specific location.
- 40 new Mindfulness Notices that help you increase your presence in daily life.
- Through the Mindfulness App II you can simply “call yourself up” from time to time to check whether you really are there.

All completed meditations are stored in the statistics section so that you can follow how your meditation practice is developing over time.

