

# Meditation Apps

Guided Meditations, Mindfulness, Sleep,  
Motivational Talks, Educational Courses



## Aura

**\*Free for TUN student**

**<https://app.aurahealth.io/redeem/touro>  
login with your TUN email**

## Calm

1 week free trial; 14.99/monthly



## Eternal Sunshine

Essential wisdom and mental health music

## Headspace

1 week free trial; \$12.99/monthly



## Insight Timer

Talks w/ Teachers from Stanford, Harvard,  
and more



## Simple Habit

Mindful Movement

## Ten Percent Happier

\$9.99/monthly



## UCLA Mindful

Spanish Meditations Available