MAY 15

New Mindfulness Meditations for Mental Health Month

—

MINDFULNESS, HEALTH & HAPPINESS

MAY 6

Floating with Florida's Manatees

—

MINDFULNESS, HEALTH & HAPPINESS, SLEEP

MAY 1

Upcoming Daily Calms for May

—

HEALTH & HAPPINESS, MINDFULNESS, CALM NEWS

APR 29

Calm teams up with the Houston Astros

—

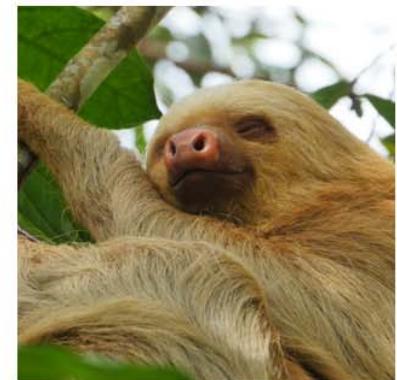CALM NEWS, HEALTH & HAPPINESS, MINDFULNESS, SLEEP

APR 27

Pause for a Mindful

APR 26

Time and How to

APR 5

Celebrating the Calm

MAR 25

Sloths are the World's

Pause for a Mindful Movement Break

—

HEALTH & HAPPINESS, MINDFULNESS, CALM NEWS

Time and How to Spend It

—

MINDFULNESS, HEALTH & HAPPINESS, SLEEP

Celebrating the Calm Community

—

CALM NEWS, HEALTH & HAPPINESS, MINDFULNESS, SLEEP

Sloths are the World's Greatest Sleep and Relaxation Ambassadors

—

SLEEP, HEALTH & HAPPINESS, CALM NEWS

MAR 15

Moby releases his new album exclusively on Calm

—

CALM NEWS, HEALTH & HAPPINESS, MINDFULNESS, SLEEP

MAR 8

Dream Journal

—

SLEEP, HEALTH & HAPPINESS

MAR 8

Happy International Women's Day

—

MINDFULNESS, HEALTH & HAPPINESS
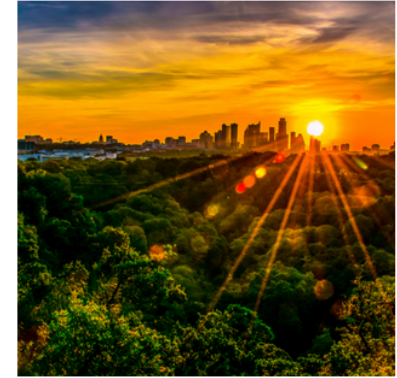
MAR 6

Find Calm at SXSW 2019

—

CALM NEWS, HEALTH & HAPPINESS, MINDFULNESS, SLEEP

FEB 28

Dr. Shefali shares groundbreaking wisdom helping families to flourish in latest Calm Masterclass on Conscious Parenting

—

CALM MASTERCLASS, MINDFULNESS, HEALTH & HAPPINESS

FEB 22

Immerse yourself in the world of Calm. Introducing VR meditations with Oculus Go.

—

HEALTH & HAPPINESS, CALM NEWS

FEB 11

Meandering Down the Oxford Canal

—

FEB 6

Calm is the World's First Mental Health Unicorn

—

CALM NEWS, MINDFULNESS, HEALTH & HAPPINESS, SLEEP

JAN 14

DC is 'US Insomnia Capital'; NYC, the city that ... sleeps like a log

—

CALM NEWS, SLEEP, HEALTH & HAPPINESS

JAN 9

Crossing Australia by Train

—

HEALTH & HAPPINESS, MINDFULNESS, SLEEP

JAN 2

January's Upcoming Daily Calm Meditations

—

MINDFULNESS, HEALTH & HAPPINESS

JAN 1

Dear 2019

—

MINDFULNESS, HEALTH & HAPPINESS

Take a moment

Inhale. Exhale. Repeat.

Calm - Discover the power of meditation

Watch later   Share

calm.com
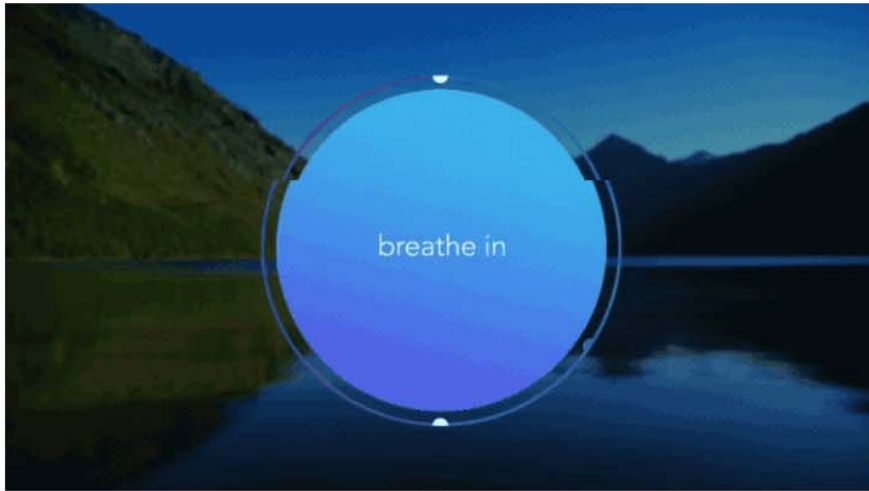
Download the Calm app

Calm is free to download and includes a collection
of guided meditations, Sleep Stories, soothing
nature scenes, a breathing tool and music for
focus, relaxation and sleep.

Download on the App Store

GET IT ON Google play

Que seas feliz.

This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.

Dalai Lama

#DAILYCALM

The — MAGIC FOUNTAIN

#SLEEPSTORIES

The things that trouble our spirits are within us already. In meditation, we must face them, accept them, and set them aside one by one.

Christopher L. Bennett

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We're sitting under the tree of our thinking minds, wondering why we're not getting any sunshine!

Ram Dass

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Breathe deeply and courageously, and take one step after the other, because beyond the darkness, there is always light.

Tamara Levitt

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Ubuntu tells us that we can create a more peaceful world by striving for goodness in each moment, wherever we are.

Desmond Tutu

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