

	Headspace	Calm	Meditation Studio	Stop, Breathe & Think
Premium (mo/yr/lifetime):	12.99 / 94.99 / 419.95	12.99 / 58.99 / 299.99	3.99 (one-time)	4.99 / 41.99
Content --				
Guided meditation:	Yes (500)	Yes (86)	Yes (218)	Yes (48)
Packs by topic:	Yes (6)	Yes (8)	Yes (16)	Yes (8)
Unguided meditation:	Yes	Yes (+custom chimes)	No	No
Walking meditation:	Yes (1)	Yes (+custom timed)	No	Yes (1)
Meditation timer:	No	Yes	No	Yes (+custom chimes)
Mantra meditation:	No	No	No	No
Breathing exercises:	No	Yes (1)	No	No
Sleep:	Yes (2)	Yes (3, custom timed)	No	Yes (1)
Kids:	Yes (36)	Yes (1)	Yes (10)	No
Video/animated tutorials:	Yes	No	No	No
Tracking --				
Calendar:	No	Yes	Yes	No
Streak:	Yes	Yes	No	Yes
Total time:	Yes	Yes	No	Yes
Sessions:	Yes	Yes	No	No
Mental/Physical feeling:	No	No	No	Yes
Technical --				
Breath counting:	No	No	No	No
Live group meditations:	No	No	No	No
Apple Watch App	Yes	Yes	No	No
Customizing --				
Sounds / music:	No	Sounds	No	No
Push reminders:	Yes	Yes	Yes	Yes
Social --				
Friends feed:	No	No	No	No
Friends reactions:	No	No	No	No
Global real-time activity:	No	No	No	No
Real-time meditators:	Yes	No	No	Yes
Awards --				
Badges:	Yes (streak)	No	No	Yes
Levels:	No	No	No	No
Guided Meditations --				
	Take 10	7 Days of Calm	Stress	Breathe
	Foundation (Level 1)	21 Days of Calm	Sleep	Gain resilience
	Foundation (Level 2)	7 Days of managing stress	Anxiety	Connect with your body
	Foundation (Level 3)	7 Days of focus	Pain	Broaden your perspective
	Sport (Competition)	7 Days of calming anxiety	Happiness	Be kind
	Sport (Focus)	7 Days of sleep	Performance	Heal
	Sport (Motivation)	7 Days of happiness	Confidence	Chill
	Sport (Training)	7 Days of gratitude	Compassion	Sleep
	Health (Cancer)	7 Days of self-esteem	Relationships	
	Health (Depression)	Body scan	Quick breaks	
	Health (Self-Esteem)	Loving-kindness	Long breaks	
	Health (Stress)	Calm light	Zen	
	Health (Anxiety)	Forgiveness	Moms	
	Health (Sleep)	Walking meditation	Kids	
	Health (Pregnancy)	Calm kids	Veterans	
	Relationships (Patience)	Deep sleep relax	First responders	
	Relationships (Kindness)	Deep sleep release		
	Relationships (Generosity)	Calming Anxiety		
	Relationships (Relationships)	Deep concentration		
	Relationships (Change)	Emergency calm		
	Relationships (Appreciation)	Commuting		
	Relationships (Acceptance)	Returning to the now		

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		Performance (Creativity)	Non-judgment		
		Performance (Focus)			
		Performance (Happiness)			
		Performance (Balance)			
		Headspace Pro (Level 1)			
		Headspace Pro (Level 2)			
		Headspace Pro (Level 3)			
		Headspace Pro (Level 4)			
		Headspace Pro (Level 5)			
		Headspace Pro (Level 6)			
		SOS			
		Sleeping			
		Sport On-The-Go			
		Fear of flying			
		Classic guided			
		Classic unguided			
		Walking			
		Commuting			
		Eating			
		Cooking			
		Cycling			