

MINDFULNESS RESOURCES

Free Apps to help get you started.

South East based, Meditation Australia member, Frances Kelly has created user friendly apps to introduce both children and adults to mindfulness meditation. Available for both Android and IOS, and for both iPhone and iPad, these apps are an excellent introduction to the practice.

'Take 5 and Take 10' courtesy of Lakes Roatary Mount Gambier.



Getting started

App Store for IOS (Apple)

<https://appsto.re/au/rKUH5.i>

And on the Android store (Google Play)

<https://play.google.com/store/apps/details?id=com.MindfulnessGettingStarted>



Caring for me

App Store for IOS (Apple)

<https://appsto.re/au/9oWM5.i>

And on the Android store (Google Play)

<https://play.google.com/store/apps/details?id=com.MindfulnessCaringForMe>



"Take 5 Mindful Minutes" for users aged 3-10 years of age.

Download for Android:

<https://play.google.com/store/apps/details?id=com.take5>

Download for iPhone:

<https://itunes.apple.com/au/app/take-5-mindful-minutes/id934616168?mt=8>



"Take 10 Mindful Minutes" for users of all ages.

Download for Android:

<https://play.google.com/store/apps/details?id=com.take10>

Download for iPhone:

<https://itunes.apple.com/au/app/take-10-mindful-minutes/id881758226?mt=8>

All FREE apps are now available on the Meditation Australia website. A version of all apps for USB/laptop, interactive smartboard FREE. Courtesy of Fed Creative, Mt.Gambier is also available for download from this web site.

You will find them also on the Meditation Australia Facebook page.

<http://meditationaustralia.org.au/content/free-meditation-apps>

and on the apps Facebook www.facebook.com/take10take5