

Meditation, Relaxation and Exercise Apps

- **Headspace:** This meditation and sleep app is free right now with your NPI number and email.
You can sign up through this link: <https://www.headspace.com/health-covid-19>
 - **Calm:** Available free for all clinicians with NPI numbers. <https://www.calm.com/>
 - **Yoga and Meditation** <https://apps.apple.com/in/app/sadhguru/id537568757>
 - **Fitness Blender:** This free exercise website was recommended by a wellness coach at Mayo Clinic's Dan Abraham Healthy Living Center. You can view it here: <http://fitnessblender.com/>
 - **Free Yoga sessions:** <https://www.doyogawithme.com/>
 - **Free Apps available in response to COVID-19:**
<https://9to5mac.com/2020/04/02/apps-and-services-coronavirus/>
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