



MEADOW

Find your quiet.

A daily moment, just for you.

meadow

A MOMENT FOR YOU

Make space for yourself.

DAILY PRACTICE

A softer start

Let your thoughts settle.

10 min · Guided meditation

How are you feeling?

Restless

Okay

Grounded

A little, every day

Your time to slow down is growing.

✓ ✓ ✓ T F S S

MEADOW

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9:41



 meadow



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MEADOW

100+ built-in sessions

Slow down. One breath at a time.

9:41



BREATHE



Come back to this moment.

Follow a slower, gentler rhythm.



Breathe in

4 seconds

04:00

BOX BREATHING

Begin breathing

MEADOW

Reminders to relax

Sleep stories for a softer landing.

9:41



 meadow



REST COMES NATURALLY

Leave the day behind.

Let a quieter world carry you to sleep.



TONIGHT'S WIND-DOWN

The quiet meadow

A sleep story with Emily

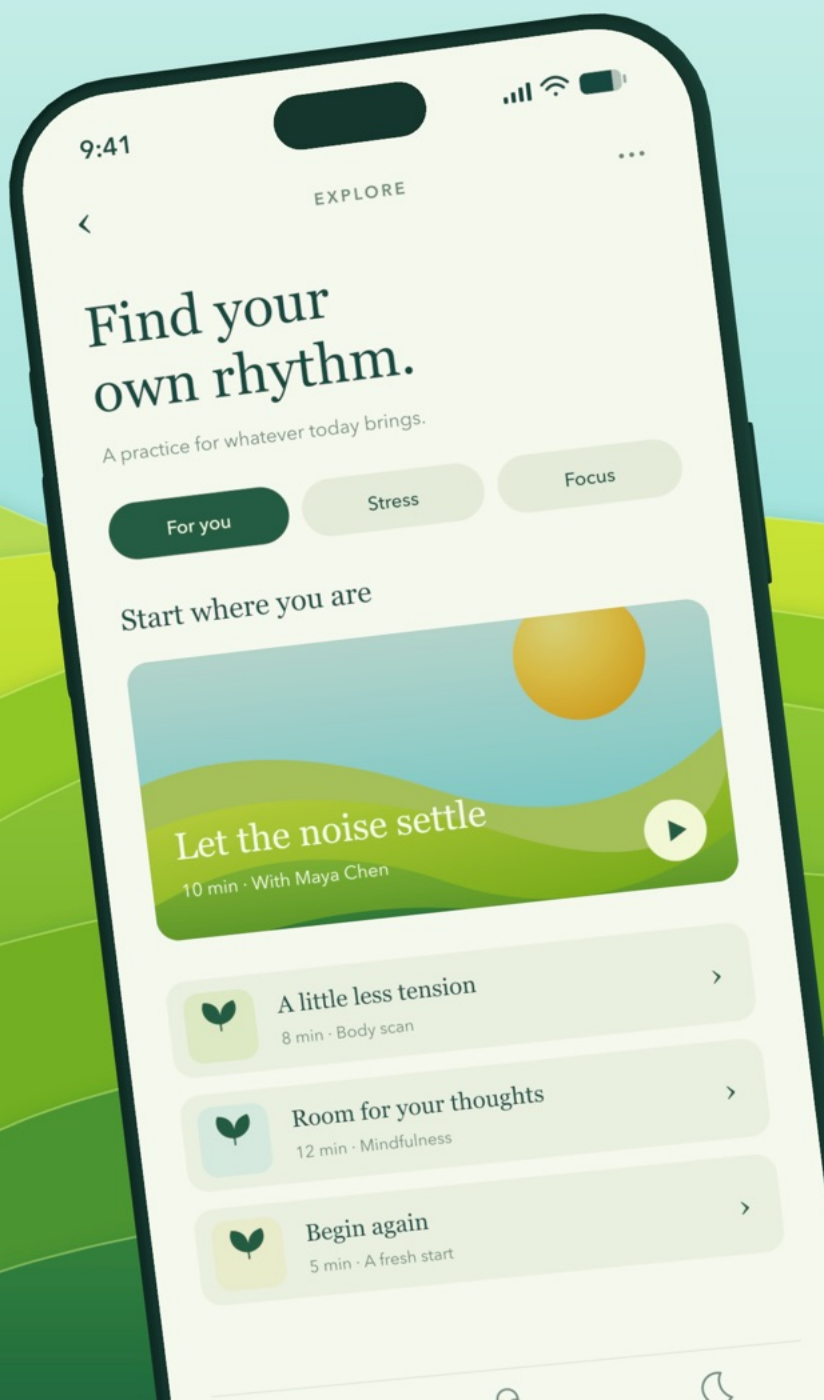
25 min · Sleep story



MEADOW

Find your own rhythm.

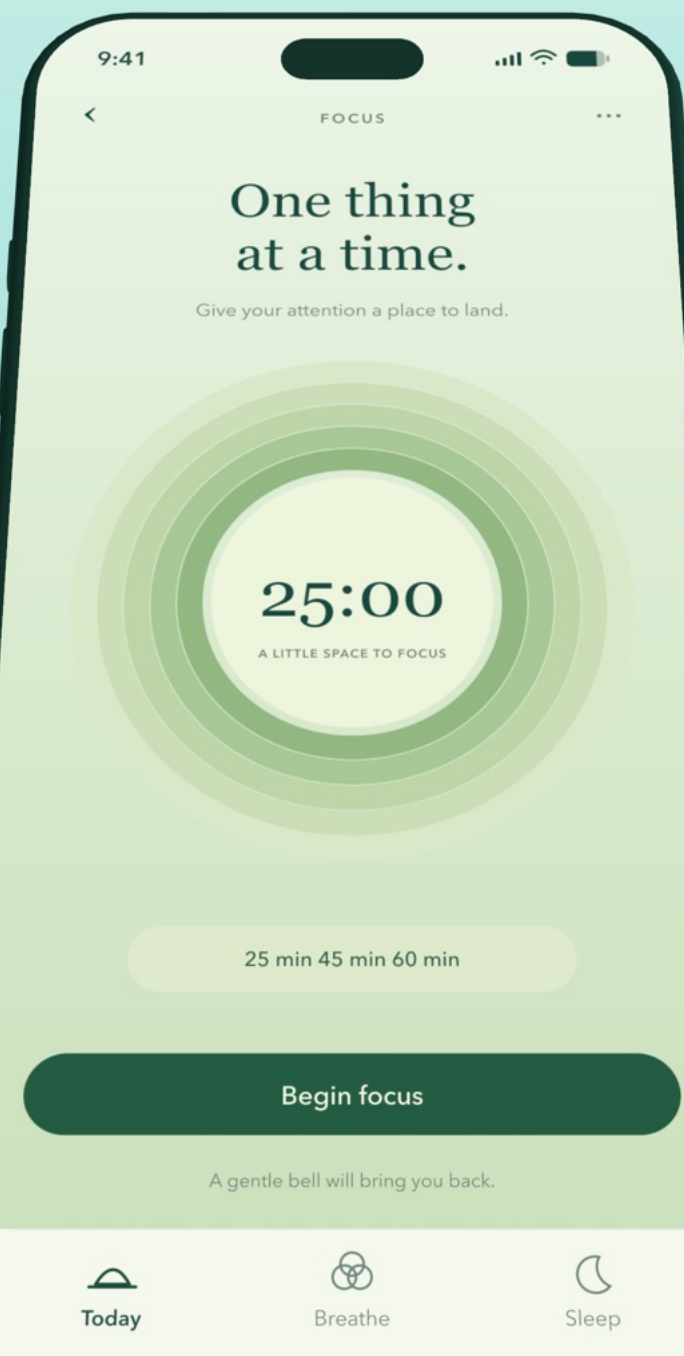
A practice for every kind of day.



MEADOW

One thing. A little focus.

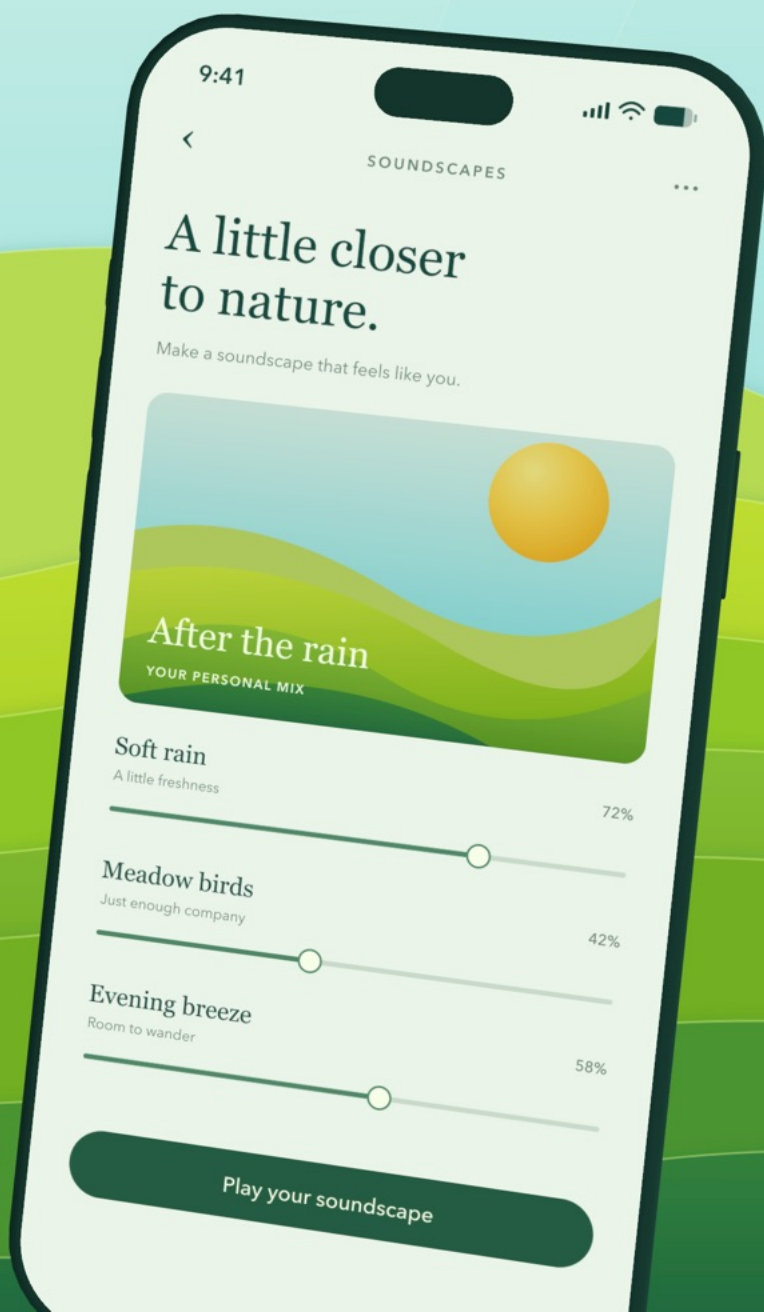
Give your attention room to settle.



MEADOW

A little closer to nature.

Layer the sounds that help you unwind.



MEADOW

Grow a gentle habit.

Small moments add up to something good.

9:41



YOUR PRACTICE



Small moments. Deep roots.

Your own pace is a good pace.



14

days of quiet

126

mindful minutes

Time you made for yourself

THIS WEEK



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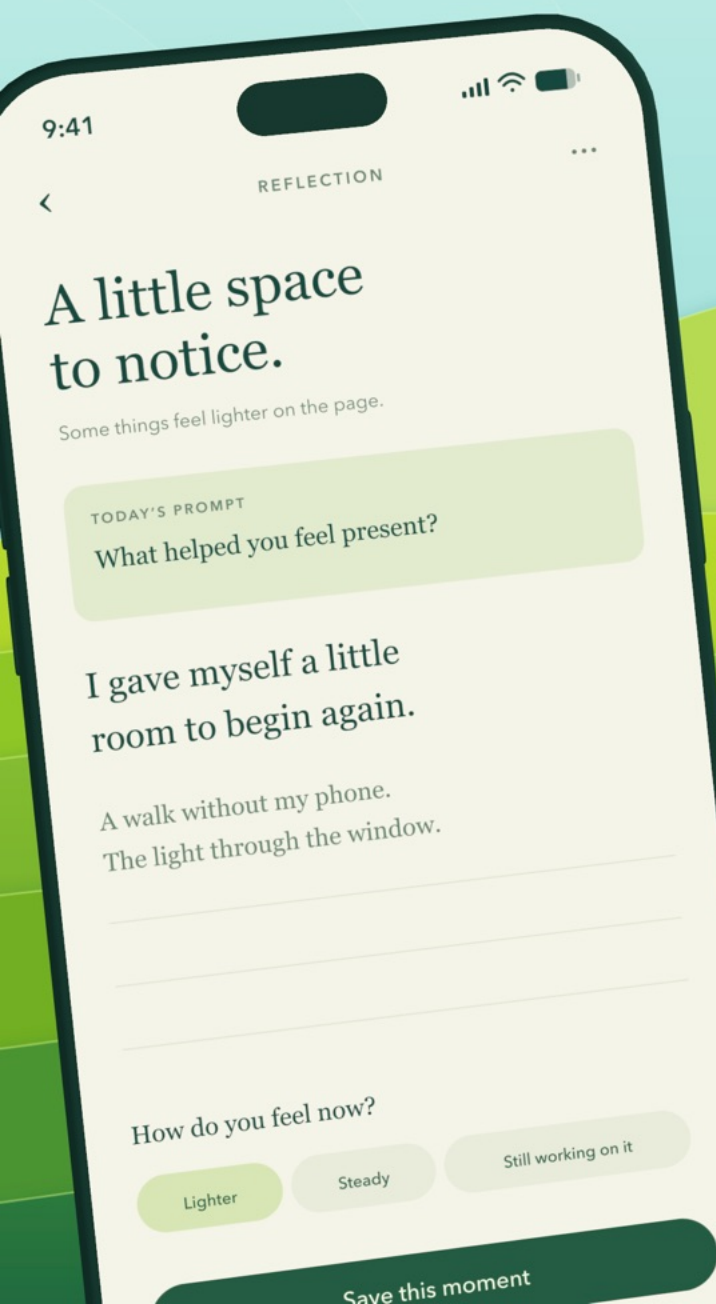
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MEADOW

Put a little space on paper.

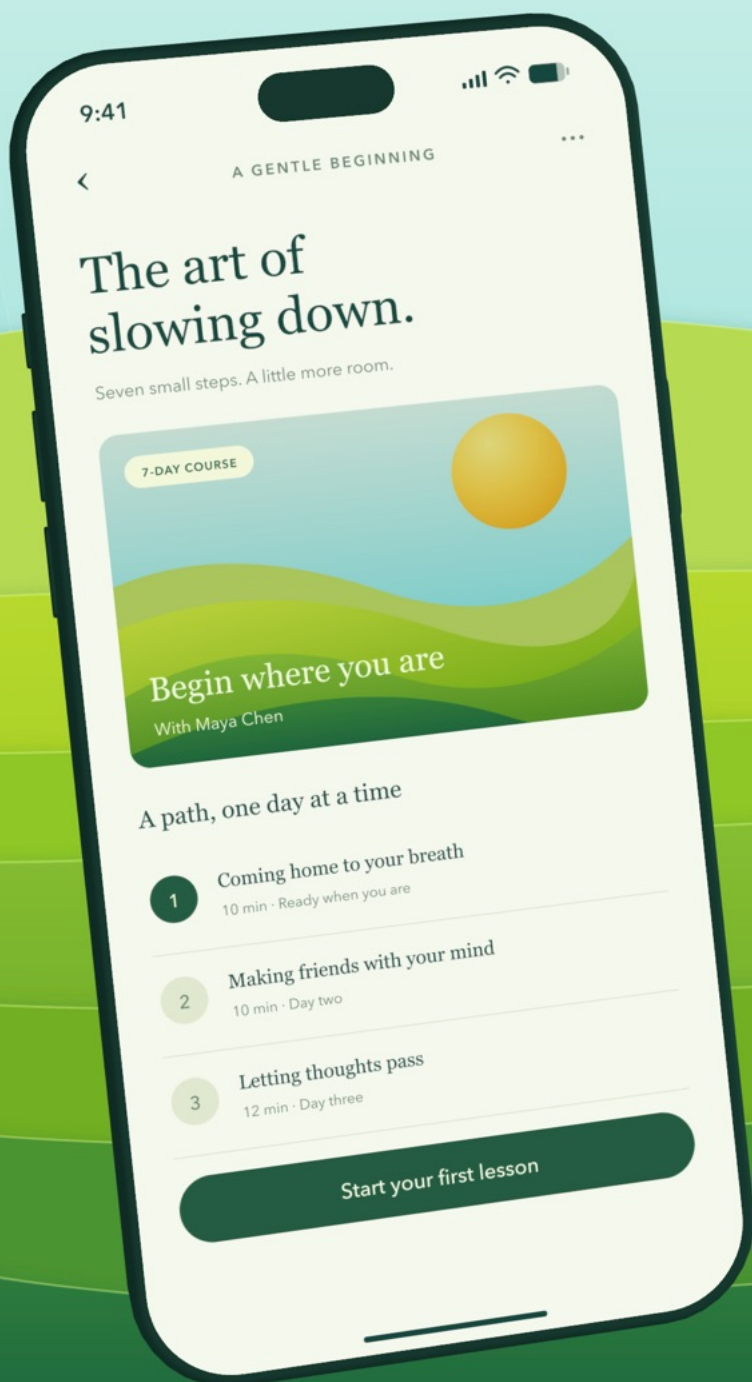
Let your thoughts find somewhere to land.



MEADOW

Learn a slower way.

A gentle beginning, at your own pace.



MEADOW

Your quiet
starts here.

9:41



meadow

A little more you.

One moment at a time.

