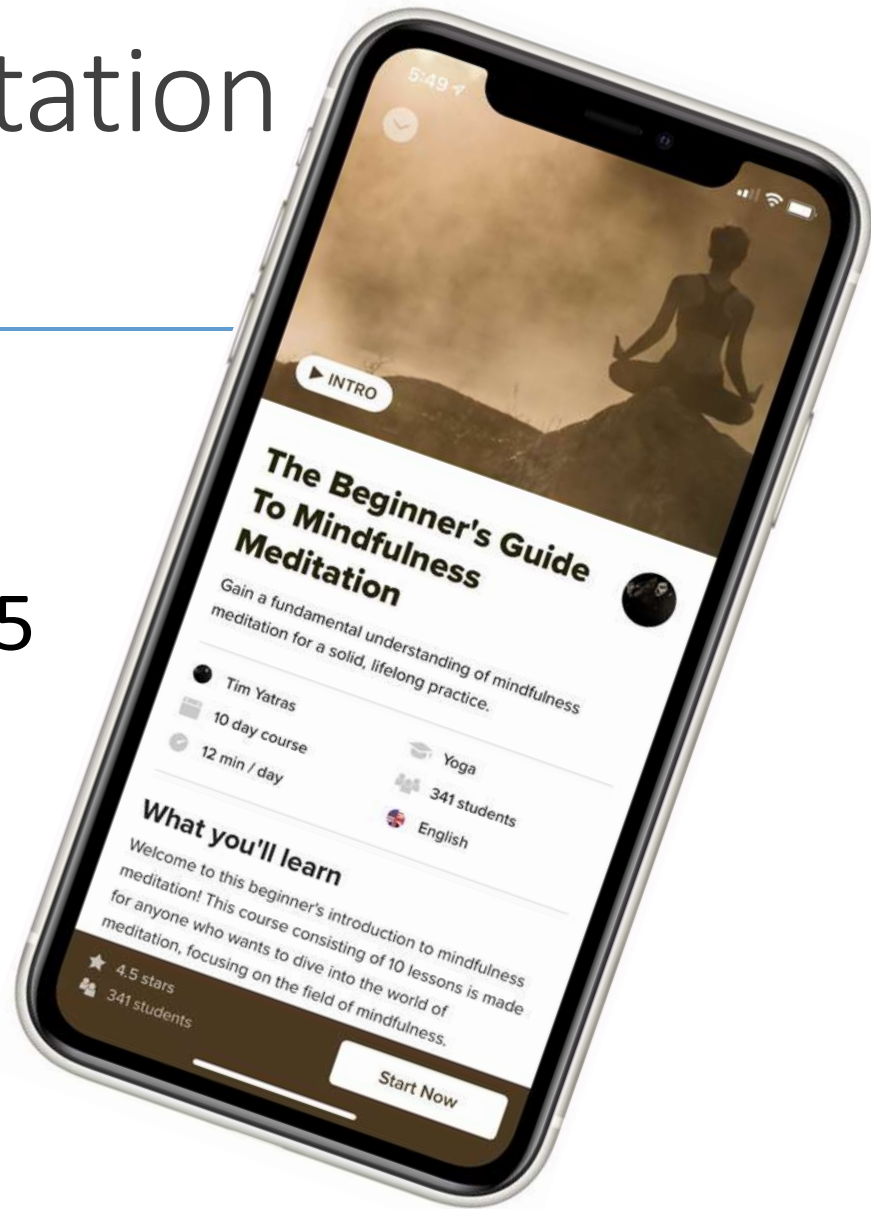


Exploring Meditation Apps

Senior Tech Tuesday #25

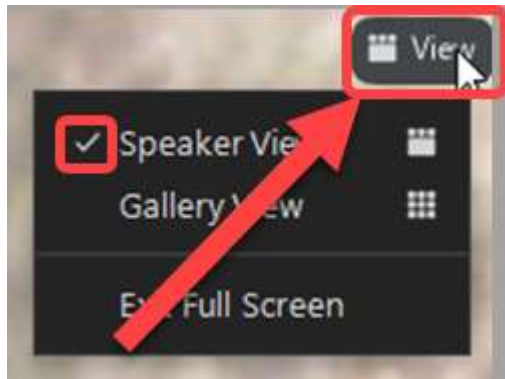
May 11, 2021 10 AM CDT



Zoom Setup – GO Big!!

Use Speaker/Active Speaker View

Computer
or laptop



iPad



Celebrating 40 FREE Live Sessions

Senior Tech Tuesdays

Free Weekly iPhone/iPad Classes





FREE Senior Tech Tuesdays Online Training Health, Fitness & Safety Series

Senior Tech Tuesday #25 (STT25) – Exploring Meditation Apps May 11, 2021

Don Frederiksen
don@SeniorTechClub.com



Our Learning Tools

- Zoom
- Your Questions
 - “Hey Don” or Chat
 - Email: don@SeniorTechClub.com
- Online Class Page at:
Links.SeniorTechClub.com/STT25
- Tuesdays Page for Future Topics
Links.SeniorTechClub.com/tuesdays

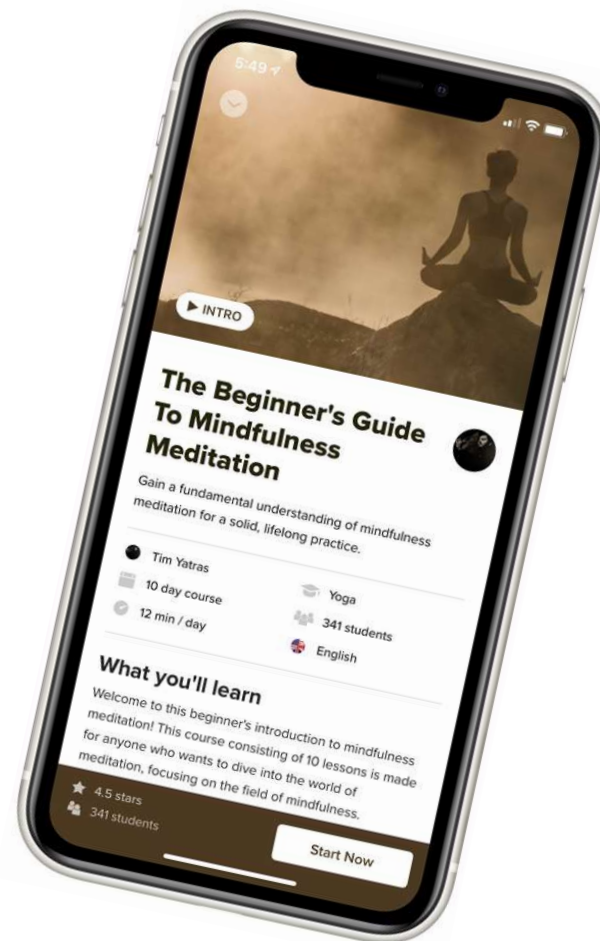




FREE Senior Tech Tuesdays Online Training

Health, Fitness & Safety Series

Exploring Meditation Apps



Online: links.SeniorTechClub.com/STT25

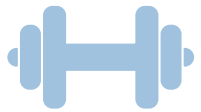


Exploring Fitness Apps

- ☑ Meditation as part of your healthy living plan
- ☑ The Role of Meditation Apps
- ☑ My Experience & Recommendations



How can our device help with...



Activity and
Fitness



Sleep



Emotional well-
being

Last Week on Fitness App



Online: links.SeniorTechClub.com/STT25

In Regards to this week's topic



Online: links.SeniorTechClub.com/STT25

But in regards to meditation....

I'm Curious

I'm Intrigued

I'm a Novice

Please study with me!



Online: links.SeniorTechClub.com/STT25

How Does Meditation Fit...

Emotional Benefits include:

- Gaining a new perspective on stressful situations
- Building skills to manage your stress
- Increasing self-awareness
- Focusing on the present
- Reducing negative emotions
- Increasing imagination and creativity
- Increasing patience and tolerance

Source: [MayoClinic.org](https://www.mayoclinic.org)



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How Does Meditation Fit...

May improve medical conditions related to:

Asthma

Cancer

Chronic pain

Depression

Heart disease

Sleep problems

High blood pressure Tension headaches

Irritable bowel syndrome

Source: [MayoClinic.org](https://www.mayoclinic.org)



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Types of Meditation

Mindfulness Meditation

Guided Meditation

Mantra Meditation

Qi gon (CHEE-gung)

Tai chi

Transcendental Meditation

Yoga



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What do Meditation apps do?

- Educate/Provide Courses
- Guide Practice Sessions
- Timer
- Library Soothing Music or Sounds
- Motivate:
 - Stories
 - Badges
 - Community
- Track Progress – work with iPhone Health app
- Provide Reminders



My Recommendations

What was I seeking?

- Education/Learning
- Guided sessions
- Tracking (Health app)
- FREE
 - Commercialization turned me off
 - Calm
 - Headspace



My Recommendations

This is a personal space. But I invite you to explore the following meditation apps:

- Oak Meditation
- Insight Timer
- UCLA Mindful



Oak Meditation

Simplest to get started

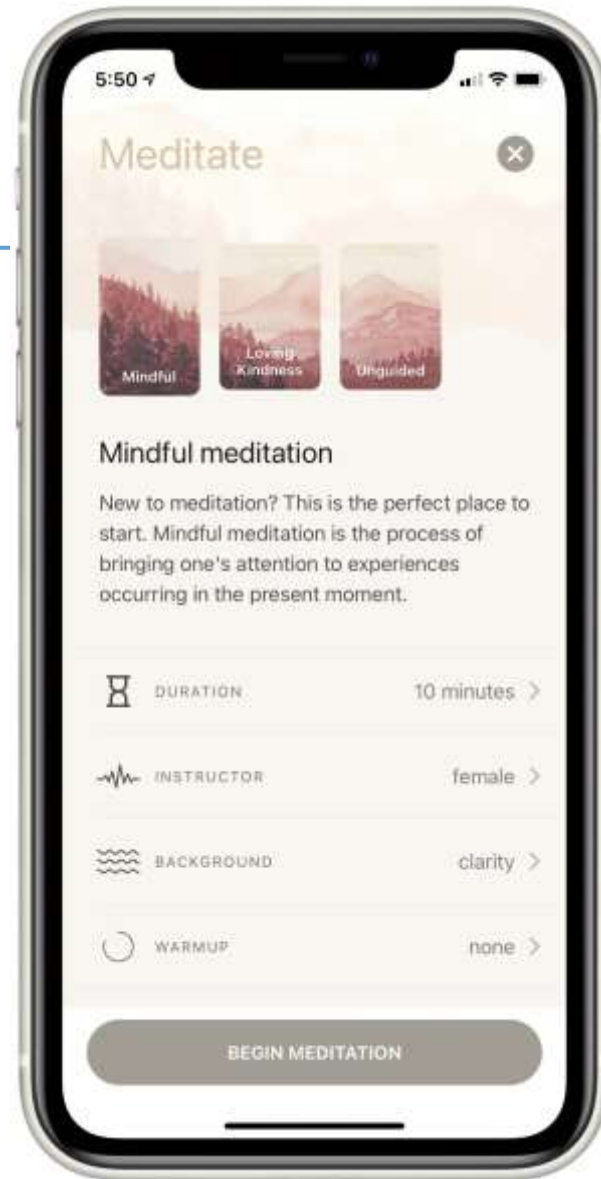
Simple Options

Tracks progress (Health app)

Basic Course
(Education)

No Registration/Signin

FREE



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UCLA Mindful

Simple

Learning and Understanding (Academic)

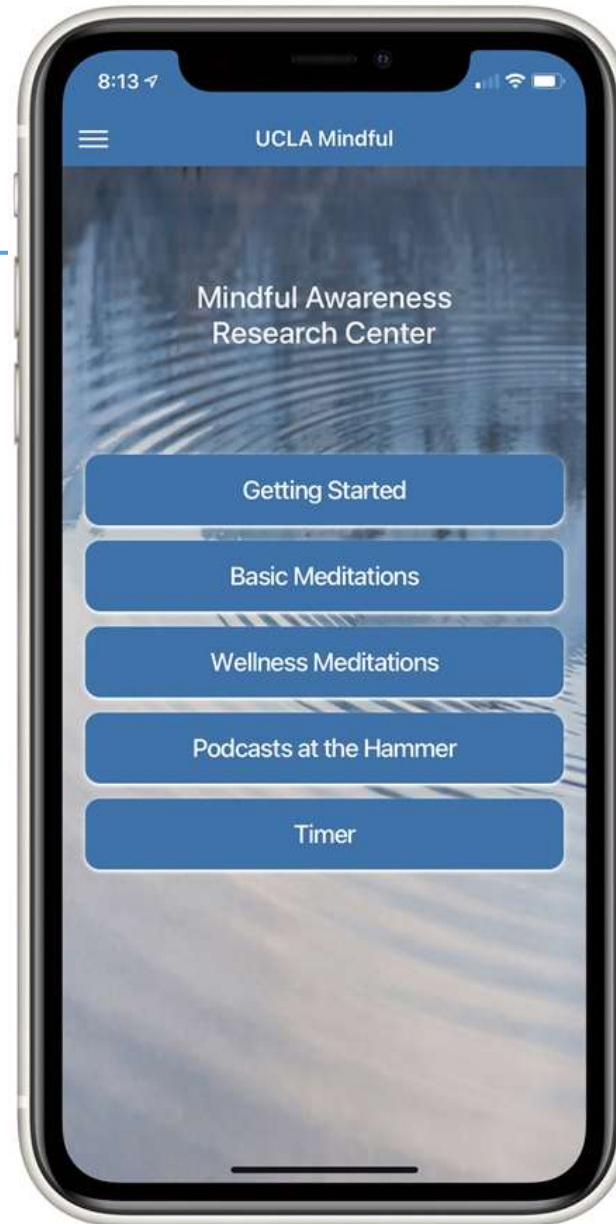
- Getting Started

Public/Medical Mission

Weekly Podcast on Meditation

More Shallow (couple dozen sessions)

No Registration



Online: links.SeniorTechClub.com/STT25

Insight Timer

Highly Rated and Popular

Most extensive library of sessions and learning

Hundreds of Contributors

Track progress (Apple Health)

Paid Program (Member Plus) but the app doesn't force it

Sign-In with Apple (my email stays private)



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And the Winner is...



Online: links.SeniorTechClub.com/STT25

From our Community

Any recommendations?



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Exploring Fitness Apps

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- ☑ My Experience & Recommendations





Follow-up Questions?

don@SeniorTechClub.com

More Information & Download
links.SeniorTechClub.com/Tuesdays



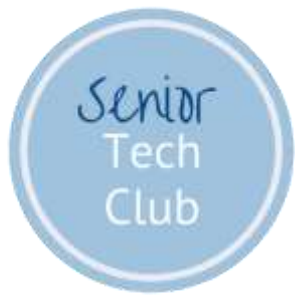
Next Online Sessions

May 18 – 10 AM

Topic: IOS 14.5 – Changes & Privacy

Have a favorite fitness or meditation app?
Send a note to: don@SeniorTechClub.com

Future Session Information
links.SeniorTechClub.com/Tuesdays



Thank You!

Stay Well
Watch your Distance
Get Vaccinated
Meditate
Keep Learning