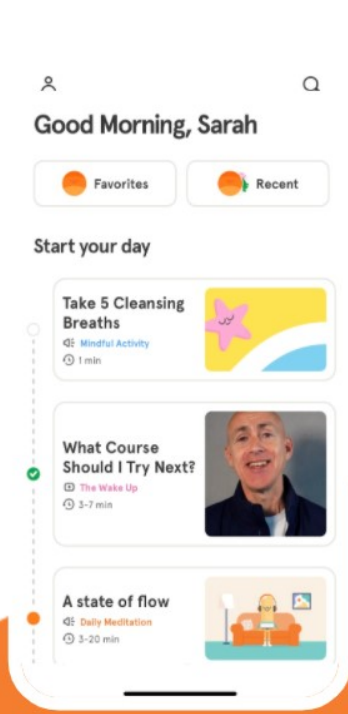


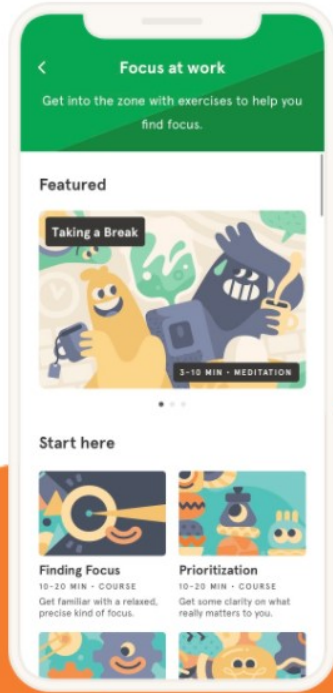
A Day With Headspace

Start your day



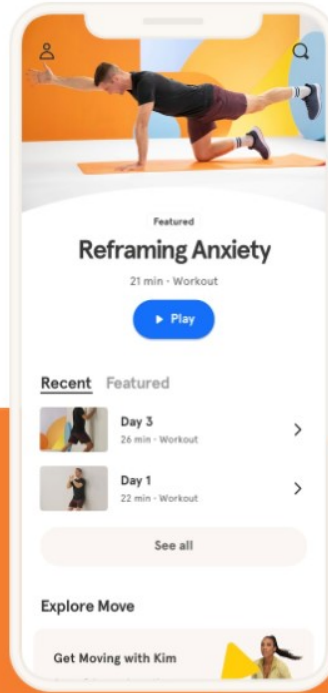
Fresh, daily content
Inspiring stories
Advice from experts

Focus at work



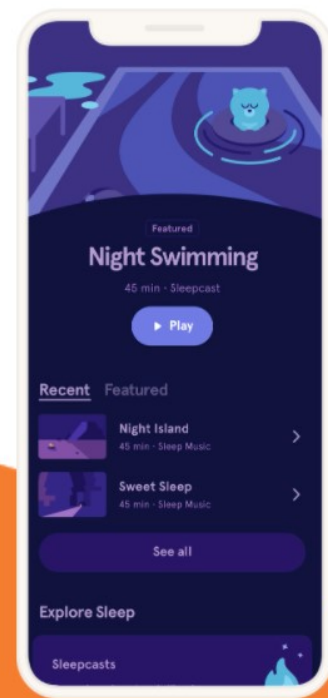
Productivity & Creativity
Mindful tech
Presentations

Move exercise



At-home workouts
Walks, jogs, & runs
Rest-day exercises

Sleepcast



Sleepcasts & Sleep music
Wind downs
SOS exercises