

April 6, 2020

<https://www.timeout.com/newyork/news/these-free-meditation-sessions-will-help-you-keep-your-calm-040620>

These free meditation sessions will help you keep your calm



By Shaye Weaver

Posted: Monday April 6 2020, 6:29pm



Photograph: Shutterstock

Dealing with our new, often stark, reality can be a little too much at times.

That's why mindfulness and meditation company Headspace, in partnership with Governor Andrew Cuomo's office, is offering free sessions to New Yorkers.

The company has created a "**NY State of Mind**" webpage with sessions that you can play any time to help you sleep, reduce stress, increase your focus or just take a break.

Most of the sessions are about 10 minutes long, while the sleep aid sessions run almost 45 minutes. There are even a few resources for children.

Of course, there are many more free, easily accessible meditation resources out there that you can access with just a click of your mouse or tap of your phone screen. Here are a few more that we think are worth your while:

The Well

The Well, a private club for wellness near Union Square, recently streamed a global meditation event with Deepak Chopra, an alternative medicine advocate, and you can view it in its entirety [here](#). Otherwise, tune into its Instagram [@thewell](#) for daily meditations with its director of mindful movement, [@joyceelevy](#).