

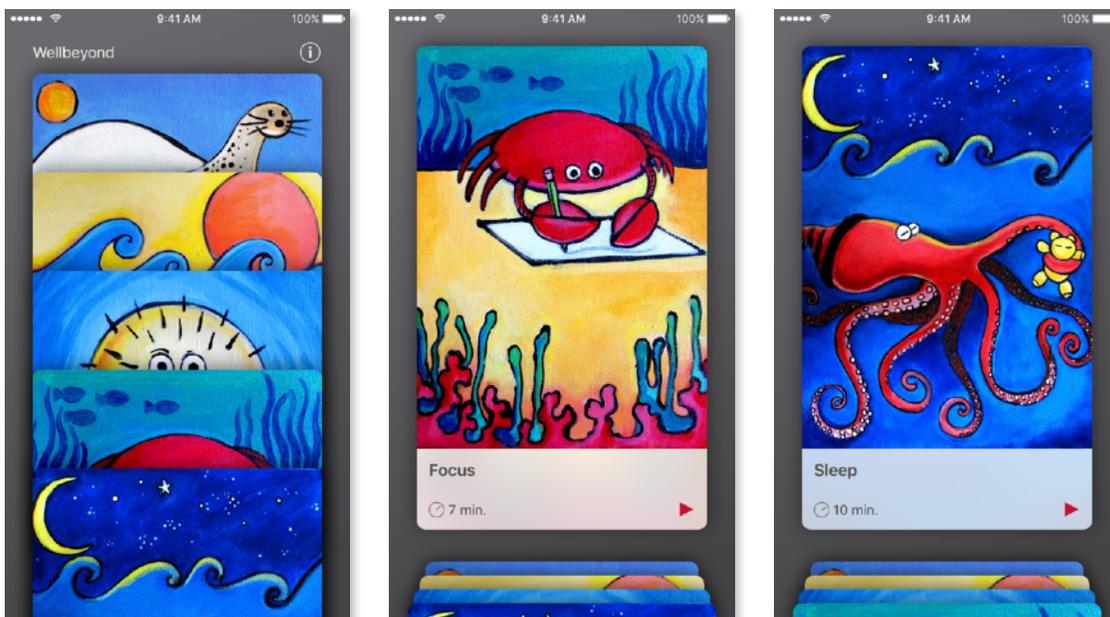


Wellbeyond Meditation for Kids

Reviewer's Guide

This beautiful mindfulness app combines engaging artwork with carefully crafted meditations to ease bedtime, increase attention span, cultivate compassion, and increase emotional intelligence.

Five free meditations and beautiful artwork inspire children.
Nine additional meditations are available via an in-app purchase.
Available today for iPhone and iPad.



This document is meant to be used by writers, bloggers, and journalists. If you have questions, please contact Mike Sax at (541) 357-7357 or mike@wellbeyond.com.

Our mission

Wellbeyond™ makes apps that spread health and happiness. We believe that apps can be tools to help you live a better life. Wellbeyond apps combine ancient wisdom and modern research.



Meditation is an essential skill that can empower children to experience a lifetime of resilience, kindness, and happiness. Children spend hours every week learning math, language and science. Why not devote a few minutes each day to mindfulness training?

Our team

Wellbeyond Meditation for Kids was built using the combination of talents and skills in diverse areas like art, software development, and meditation. We are fortunate to have an abundance of talent and experience available Eugene, Oregon.



Mike Sax works to spread health and happiness by combining his appreciation for technology, creativity, and mindfulness.



Aricha Pluid brings her zest for the practice of mindfulness, fueled by daily dedication to practicing and teaching yoga and meditation.



Noelle Dass creates whimsical art for the young at heart. Her art is hanging in private collections and places that need a bit of cheer.



Meg Orion is a health coach who helps people live and eat healthy. A simple daily pleasure is sending her kids out to the garden for a snack.

What's inside the app



Children can enjoy wonderful meditations that plant the seeds for a lifetime of benefits:

- **Sleep** — Relax the body and the mind so that you can drift into a good night's sleep.
- **Focus** — Develop the ability to focus all of your mental power on what's in front of you.
- **Feelings** — Notice your feelings, bringing body and mind into harmony.
- **Kindness** — Cultivate kindness to become a better friend to yourself and to others.
- **Centering** — Learn how to quickly return to inner peace and confidence.

Nine additional meditations are available as a one-time in-app purchase for \$2.99. The parent zone is a special section in the app that offers parents tips on using the app and having a wonderful meditation experience with their child.



Availability

Wellbeyond Meditation for Kids available now in the Apple App Store. You can either visit wellbeyond.com or visit the following link to go directly to the AppStore:

<https://itunes.apple.com/us/app/wellbeyond-meditation-timer/id1082891966?mt=8>

The app currently only works on Apple devices: iPhone, iPod Touch, or iPad, using iOS 9 or newer.

Press resources (photos, screen shots, logos) are available at <https://wellbeyond.com/press>