

Find Your Mental Clarity

Daily mindfulness, expert guidance, and a safe space to reconnect with yourself.



Start Free Trial

Explore Program

What You'll Gain with MindScape



Guided Meditations & Mindfulness Tools



Expert led Podcasts & Courses



Personalized Weekly Plans



One-On-One Therapist Sessions

Our Users Say it Best



"MindScape helped me sleep better and reduced my anxiety within a week."

Emily R, UX Designer

Choose Your Path to Wellness

Free

\$0

Basic meditations & podcasts

Start Free

Premium

\$12

All features + In-app & export

Start Free

Team

\$39

Up to 6 users

Start Free