



Meditation Challenge 2026

Welcome to our first 10-day Mindfulness Community Challenge!

To help you participate in this special event, we have curated **two 10-Day schedules** of meditations from the **free Insight Timer app**. (Links to these daily meditations appear below.) Kindly choose the 10-day schedule that works best for you and use it during the challenge. Schedule #2 "Breathwork Focus," appears on the second page.

Schedule #1 - For Beginners

Day #1 - Befriending Your Breath and Thoughts

<https://insighttimer.com/thehappyhabit/guided-meditations/befriending-your-breath-and-thoughts>

Day #2 - Get Out of Your Busy Mind by Engaging Your Senses

<https://insighttimer.com/thehappyhabit/guided-meditations/get-out-of-your-busy-mind-by-engaging-your-senses>

Day #3 - Grateful Body Scan

<https://insighttimer.com/thehappyhabit/guided-meditations/grateful-body-scan>

Day #4 - Understanding Your Inner Critic

<https://insighttimer.com/thehappyhabit/guided-meditations/understanding-your-inner-critic>

Day #5 - Inner Balance

<https://insighttimer.com/thehappyhabit/guided-meditations/inner-balance-2>

Day #6 - Cultivating Calm and Perspective

<https://insighttimer.com/thehappyhabit/guided-meditations/cultivating-calm-and-perspective>

Day #7 - Cultivating Self Compassion

<https://insighttimer.com/thehappyhabit/guided-meditations/cultivating-self-compassion-2>

Day #8 - All is Well

<https://insighttimer.com/thehappyhabit/guided-meditations/all-is-well-3>

Day #9 - I Am Enough

<https://insighttimer.com/thehappyhabit/guided-meditations/i-am-enough-2>

Day 10 - The Power of Presence

<https://insighttimer.com/thehappyhabit/guided-meditations/the-power-of-presence>



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Schedule #2 - Breathwork Focus

Day #1 - Breath Holds for Sleep

<https://insighttimer.com/blueriverbreathwork/guided-meditations/breath-holds-for-sleep>

Day #2 - Five Minute Breath Guidance

<https://insighttimer.com/stopandbreathe/guided-meditations/5-minute-breath-guidance>

Day #3 - Breath Meditation

<https://insighttimer.com/sharonsalzberg/guided-meditations/breath-meditation>

Day #4 - Mindfulness of Body and Breath

<https://insighttimer.com/markwilliams/guided-meditations/mindfulness-of-body-and-breath-3>

Day #5 - Relaxing Mindful Breathing

<https://insighttimer.com/thisbreath/guided-meditations/relaxing-mindful-breathing>

Day #6 - "4-7-8" Breathing

<https://insighttimer.com/blueriverbreathwork/guided-meditations/4-7-8-breath-track>

Day #7 - Breath Break Box Breath

<https://insighttimer.com/darcelhawkins/guided-meditations/breath-break-box-breath>

Day #8 - Inner Peace Breathwork

<https://insighttimer.com/beatsandbreath/guided-meditations/inner-peace-10-minute-guided-breathwork-session>

Day #9 - Basic Body Scan and Breath Awareness

<https://insighttimer.com/tarabrach/guided-meditations/basic-body-scan-and-breath-awareness>

Day #10 - Deep Breath Meditation

<https://insighttimer.com/drlucindapoole/guided-meditations/deep-breath-meditation>