

All-in-One Tool to create your daily self-care space

Meditate

1,500+ meditations
and the **Daily Shine**
that is new daily and
relevant to current
events

Reflect

Journaling, articles,
mood check-ins for
holistic customized
content

Connect

Daily themed
discussion live in-app

Your Day With Shine

Morning: Daily Shine

Mid-day: Mood Check-In

Evening: Community Care Events

Bedtime: SleepSounds & Meditations

Sign Up Now

