



Let's meditate together

# Celebrating World Meditation Day

**Wednesday, May 21**

9 am PT / 12 pm ET / 4 pm UTC

Join the Headspace team for a special live session to honor World Meditation Day.

Save your spot and share a peaceful moment with a global community.



Register for the next session  
and watch past recordings:

[link.headspace.com/2025-events](https://link.headspace.com/2025-events)