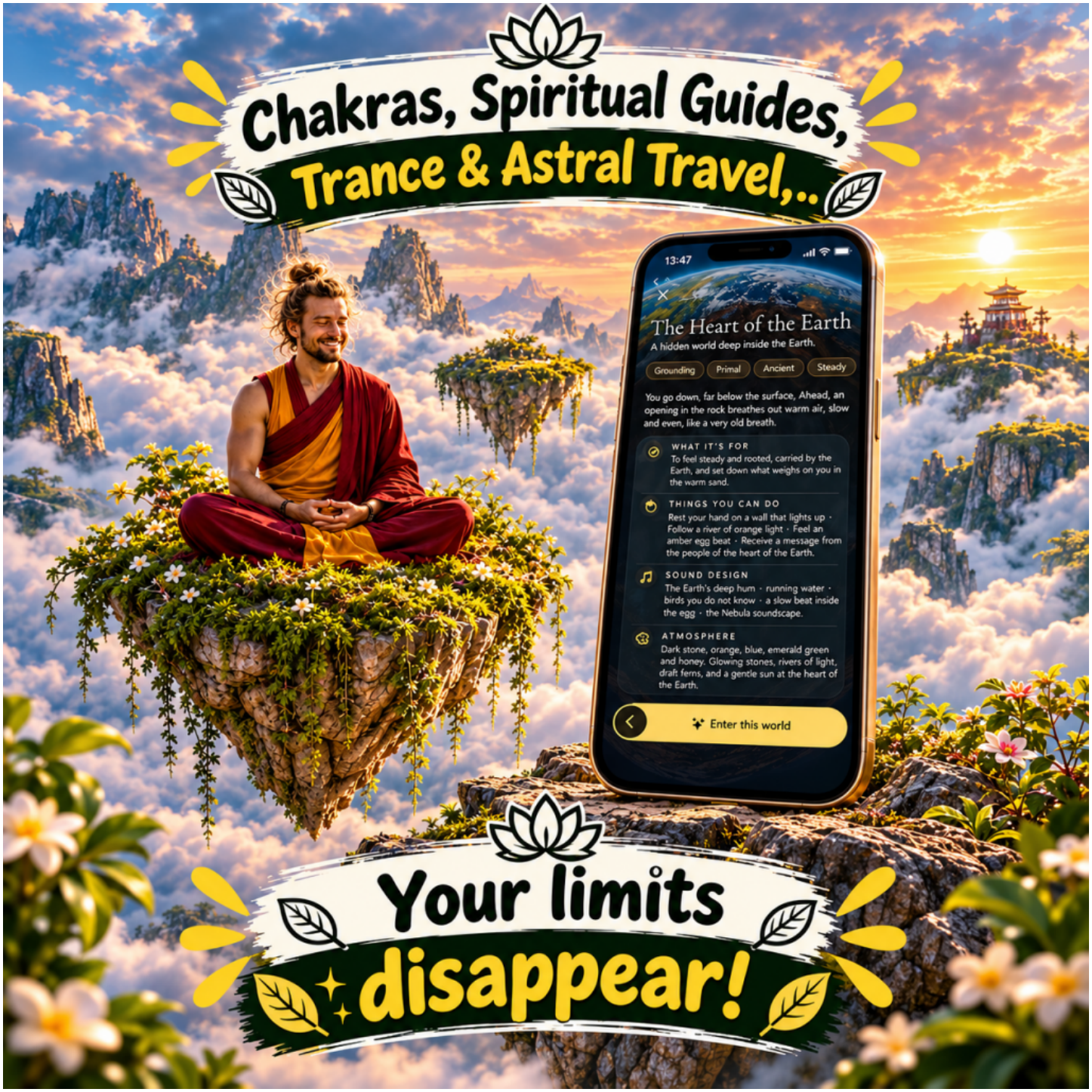
MeditaDream, Free Meditation App to learn and explore

Learn to meditate and awaken your mind: 160 guided meditations & 20 immersive worlds for sleep, focus and calm, with a dragon companion and a journal of your progress. Everything plays offline once downloaded, and it's 100% free.



New York City, New York Nov 18, 2026 (Issuewire.com) - MeditaDream, an app to learn and explore

MeditaDream introduces a mobile space where adults can discover meditation and develop their own

practice. The app combines guided exercises, immersive worlds, journals and personalisation tools. Coming soon to iPhone and Android, it is completely free. Beginners can follow educational guidance, while those already familiar with meditation can explore new themes.

In a world where stress, distractions and constant demands are part of everyday life, meditation offers an opportunity to slow down, reconnect with ourselves and cultivate greater emotional balance. Making this practice accessible to everyone is at the heart of MeditaDream's mission.

144 meditations
20 categories
17 immersive worlds
3 languages

MeditaDream at a glance

Meditation does not need to be complicated, expensive or time-consuming to become part of everyday life. Even a few minutes of regular practice can help develop mindfulness, improve concentration and encourage a greater sense of calm.

• Financially accessible. No subscription, no advertising and no in-app purchases.

• Fits everyday life. Sessions last 3 to 41 minutes depending on the category, with content available offline after downloading.

• Personal. Three languages, two voices per language, and adjustable speed, pauses and soundscapes.

• Varied and progressive. Learning, relaxation, imagination and writing tools together in one space.

By removing financial and practical barriers, MeditaDream encourages everyone to discover the benefits of meditation and develop a sustainable personal practice.

Meditations and immersive worlds

144 MEDITATIONS · 20 CATEGORIES · 17 WORLDS TO EXPLORE

Meditation takes many forms, from mindful breathing and physical relaxation to visualisation and spiritual exploration. Exploring different approaches allows individuals to discover techniques that resonate with their needs, interests and personal development.

A library for learning, relaxing and exploring the imagination. Categories help users choose a theme; worlds offer a complete guided journey with their own setting, sounds and story.

The 20 meditation categories

Learning
4 Minutes
Body, Calm & Sleep
Emotional Growth
Shadow & Well-being

Sacred Places
Spirit Guides
Higher Knowledge & Beyond
Shamanic Trance
Buddhist Meditations
Sensations & Qi Gong
Visualisation
Mini-adventures
Third Eye
Cosmic & Void
Consciousness & Trance
Trances & Techniques
Micro-detachment
Astral Travel

17 worlds for journeys of the imagination

Guided visualisation can help focus attention, encourage relaxation and create a mental space away from everyday pressures. Immersive meditation combines imagination and mindfulness to make inner exploration more engaging and accessible.

From the Zen Garden to Underwater Atlantis, from the Frozen Sanctuary to the Celestial Library: each of the 17 worlds offers a 13 to 20-minute exploration. All are available from the start and can be enjoyed offline after downloading.

Whether seeking relaxation, self-discovery or a moment of escape, these different experiences invite users to make meditation a meaningful part of their daily lives.

A 100% personalised experience

YOUR GOALS · YOUR WORDS · YOUR VOICE · YOUR JOURNEY

Everyone approaches meditation with different expectations, challenges and objectives. Personalising the experience helps make meditation more relevant, comfortable and easier to maintain over time.

The app brings together tools to build a personal programme, create meditations and follow progress from one session to the next.

A programme tailored to your goal

Setting a personal intention can give meditation greater meaning and direction. Whether the objective is relaxation, emotional balance or improved concentration, a clear goal can encourage consistency and motivation.

Define a meditation goal and build a programme around what you want to work on.

• Choose a personal intention.

• Align your practice with your goal.

• Progress at your own pace.

Create your own meditations

Meditation becomes particularly meaningful when it reflects personal experiences, thoughts and aspirations. Creating individual sessions offers another way to practise self-reflection and develop a deeper connection with one's inner world.

Write your texts in My Meditations and listen to them using the voices built into your phone.

• Entirely personal texts.

• Offline reading aloud.

• Your own creative space.

Customise the voice and pauses

The rhythm of a meditation session can influence comfort, concentration and relaxation. Adjusting the voice, speed and pauses allows users to find a pace that supports their individual practice.

Choose a language and voice, then adjust reading speed and the pauses between sentences.

• French, English and Spanish.

• Two voices per language.

• Six speeds from 0.75× to 1×.

Meditation journal and history

Writing after meditation encourages reflection and helps individuals become more aware of their emotions, thoughts and personal evolution. Over time, revisiting these observations can reveal patterns and changes that might otherwise go unnoticed.

Record impressions, revisit sessions and reread the observations you want to keep.

• Five themed journals.

• A history with your notes.

• Impressions you can edit.

Together, these personalisation tools encourage a meditation practice that evolves naturally with each individual's needs, experiences and progress.

Tools to support every session

DRAGON COMPANION · ORACLE AND LEARNING · PERSONAL WORLDS

Developing a regular meditation habit can be challenging, particularly for beginners. Combining learning, creativity and gentle motivation can make the practice more approachable and encourage long-term engagement.

Progress brought to life

Consistency is an important part of meditation. Visualising progress through playful elements can provide encouragement while reminding users that personal development is a gradual journey rather than a competition.

The playful side of the app centres on a growing dragon and an island that gradually transforms.

• A living world. Rock, meadow, tree, waterfall, crystal, temple and cosmos mark the island’s evolution.

• Messages and accessories. The companion responds to regular practice and has accessories to unlock.

• The Zen Passport. 96 stamps are linked to meditations, worlds, guides and consistency.

The Oracle and learning

Understanding the foundations of meditation helps make the practice more effective and accessible. Learning about breathing, posture and attention provides useful starting points for developing mindfulness and exploring different techniques.

Suggestions to help choose a session, and illustrated explanations to understand the foundations of meditation.

• Three suggestions. The Oracle invites users to express how they feel, then suggests three meditations.

• Accessible foundations. Posture, breathing and attention are explained in an illustrated library.

• Direct search. Keywords help users find a theme in the catalogue.

A personal inner world

Meditation can also encourage imagination, introspection and the exploration of personal symbols. Creating familiar inner environments offers a way to organise these experiences and give them individual meaning.

Dedicated spaces let users describe the places, encounters and symbols of their explorations.

• Sanctuaries. Choose a setting, name it and define a familiar inner place.

• Guides. Record their type, their messages and their reappearances across sessions.

• Symbolic objects. Describe imagined objects and their personal meaning, linking them to sessions.

By combining educational guidance, personal exploration and motivating features, MeditaDream

supports a practice that can remain engaging, accessible and meaningful over time.

The essentials before your first session

CUSTOM FEATURES · OFFLINE USE · PERSONAL DATA · PRESS CONTACT

Meditation is a practice that can accompany people throughout their lives, regardless of experience or circumstances. Making it easily accessible, easy to use and available without a permanent internet connection helps remove obstacles to regular practice.

Finding your way

Beginning meditation does not require special equipment or extensive knowledge. A quiet moment, a comfortable position and the willingness to pay attention are often enough to take the first steps.

Getting started can be as simple as four steps: set your language, choose a session suited to your level, take time to listen and record what you want to keep. Users remain free to focus on learning, calm or imagination.

• Highly Diversified Meditations for beginners, intermediate or advanced.

• Points earned through practice. Sessions and journal entries earn points. All meditations become available at twenty points; points cannot be purchased.

• Content to take anywhere. Once downloaded, audio plays without a network connection. Internet access is still needed to download content and updates.

• No account to create. The app requires no registration and includes neither advertising nor advertising trackers.

• Writing stored locally. Journals, notes, favourites and progress stay on the phone. They may be included in iCloud or Google backups, depending on individual settings.

• Limited technical exchanges. Downloads and updates involve technical information. Uninstalling removes the app’s local data.

The greatest value of meditation often comes from regular practice rather than the length or complexity of individual sessions. By simplifying access, MeditaDream aims to help more people integrate moments of calm, awareness and reflection into everyday life.

About MeditaDream

Published in France by Edouard Richemond, MeditaDream is a meditation and well-being app for adults. It brings together 144 meditations in 20 categories, 17 immersive worlds and personal tracking and creation tools. The official website announces that it is coming soon to the App Store and Google Play, in French, English and Spanish.

Meditation is more than a relaxation technique: it is an opportunity to develop self-awareness, cultivate inner balance and approach everyday life with greater attention. MeditaDream's mission is to make these opportunities accessible to everyone, without financial barriers, advertising or compulsory

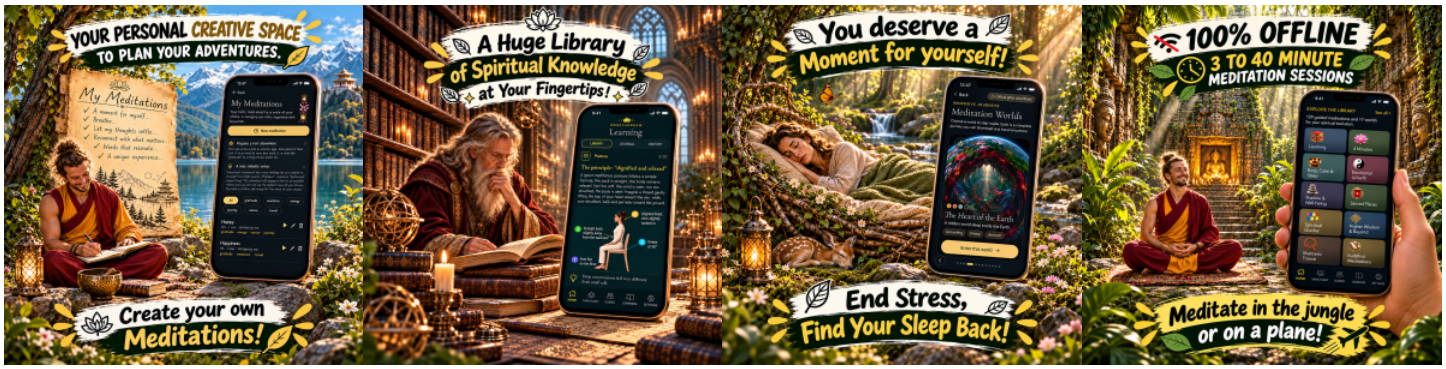
registration.

PRESS CONTACT

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Overview, screenshots and video demonstration: meditadream.com/en/

As a well-being tool, MeditaDream does not replace professional healthcare support. Spiritual explorations are personal, subjective practices.



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