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# 10 World Renowned Meditation Tech Experts Share What's Next In 2017



*Thanks to technology, today you can learn to meditate anywhere, anytime. Photo credit: Josh Adamski/Unsplash.*

Exactly one year ago I went silent for ten days to challenge myself and [learn meditation](#). Since then I've been practicing meditation and mindfulness, trying out different techniques and consulting with experts. Daily meditation practice transformed my life.

Today I want to share some insights from the world renowned meditation and mindfulness experts leading the meditation tech industry.

I reached out to 10 meditation experts and asked them to share their thoughts and predictions on where meditation is going in the next year.

Read on to find out how this powerful practice can transform your life and awaken you to your full potential.

**Sean Brecker**





*Sean Brecker is the CEO of Headspace, a digital service that provides guided meditation sessions and mindfulness training. Photo credit: Headspace.*

Sean Brecker is the CEO of [Headspace](#), a digital service that provides guided meditation sessions and mindfulness training. Its content can be accessed online, or via their mobile apps. In April 2016, Headspace claimed to have over 6 million people using the app.

**Sean Brecker:** With our increasingly fast paced world, and an often overwhelming amount of ‘digital chatter’ we think that more and more people will look to find an antidote/some balance in their lives. Looking after our physical health is now commonplace but mind health is still a little more taboo and has some catching up to do. We hope that in 2017 we will continue to be able to show more and more people how beneficial meditation can be. In the hopes that someday, mind health will be normalized.

Mindfulness has skyrocketed in the business and tech world, not just because we now have the opportunity to use tech to practice mindfulness but because businesses are realizing how much more productive and less stressed employees are when they include meditation in their lives.

From large corporations to tiny start-ups, we are seeing that mindfulness and meditation is becoming a central part of these businesses and we hope this is something that will continue to grow.

**Lizzie Brown**





*Lizzie co-founded app Yoga Wake Up in an effort to bring about a more mindful morning for themselves and their users. Photo credit: KAMALA.*

Lizzie Brown is the co-founder of KAMALA Collective, a PR, marketing and app development agency that specializes in the fitness and wellness (or HALO) space. Lizzie co-founded app [Yoga Wake Up](#) in an effort to bring about a more mindful morning for themselves and their users.

**Lizzie Brown:** This is just my humble opinion but in all of our research around Yoga Wake Up, it really comes down to this epidemic of stress. Our bodies were never meant to be in this fight or flight mode all the time and there is a lot of over-medicating going on or ignoring of the signs and powering through. We are distracted or overwhelmed by social media, the election, consistently bombarded by information.

I pay attention to what the functional medicine doctors at Parsley Health are saying, and they are prescribing yoga and meditation among their recommendations to patients because these are natural, scientifically proven ways of combatting stress levels and regulating hormone levels.

We are trending toward prevention and wellbeing as more businesses are realizing the actual cost of sick employees. In 2017 meditation will be more accessible and rest will be less stigmatized. Meditation will be offered across public schools, in the corporate environment and in rehabilitation centers and jails. Apps such as Yoga Wake Up, Buddhify and OMG. I Can Meditate! will democratize mindfulness practices. Anyone with a mobile device, 2 billion people, will have access.

**Christopher Plowman**



*Plowman brothers are the co-founders of Insight Timer, a home to more than 1,300,000 meditators. Photo credit: Insight Timer.*

Christopher Plowman is the co-founder of [Insight Timer](#), a home to more than 1,300,000 meditators. Insight Timer is rated as the top free meditation app on the Android and iOS stores. Four years ago Christopher's brother Nicho quit the corporate world to become a meditation teacher. In 2014 they decided to merge experience by launching a meditation company.

**Christopher Plowman:** We believe meditation is slowly (but surely!) becoming mainstream. This will become more apparent in 2017. And not just in Silicon Valley either, but in regional communities all around the world. We have over 4,000 individual meet-ups on our app from almost every city in the world.

As augmented and virtual reality evolve, even greater opportunities will present themselves in the meditation space.

**Patricia Karpas**



*Patricia Karpas is the co-founder and head of content for Meditation Studio. Photo credit: Meditation Studio.*

Patricia Karpas is the co-founder and head of content for Meditation Studio, the home of [Meditation Studio App](#). This 5-star app includes 200 meditations, 3 courses and 27 teachers, all for one price at \$3.99.

**Patricia Karpas:** In the past 15 years, there's been a growing body of research on the physical, mental and emotional benefits of mindfulness and meditation.

It's not just about going inward, it helps us to be more focused and productive, kinder and more compassionate with ourselves and others. We will need this in 2017.

Stress and anxiety are on the rise, not just with adults, but with teens and college students as well. We can expect to see meditation programs implemented in more healthcare settings, the work place, schools and even with the military and veterans. I wish it were a prerequisite for all holders of political office.

Business leaders and entrepreneurs are bringing mindfulness courses into both the 'leadership' culture and to employees. Several workplace wellness programs now include meditation instruction. We're seeing more and more physical "meditation spaces" on location at companies.



There will be more meditation apps and devices in the market offering different styles and teachers. I like to think that with all the negative talk about technology and our addiction to it, apps like Meditation Studio App are actually deploying technology for its best and highest purpose.

Meditation is becoming more mainstream, with over 20 mm people having tried it. Many mindfulness courses include additional teachings on compassion. We are seeing many more local studios offering courses and drop in meditation sessions.

## **Lynne Goldberg**



*Lynne Goldberg is a certified meditation coach and the founder of OMG. I Can Meditate! Photo credit: OMG. I Can Meditate!*

Lynne Goldberg is a certified meditation coach and the founder of [OMG. I Can Meditate!](#) — a user friendly, lifestyle meditation app that is taking the country by storm.

**Lynne Goldberg:** Mindfulness has become mainstream. Not only are people seeing the many benefit, but also mindfulness is now becoming integral to the transformation of our culture. As people learn the basics of meditation & mindfulness, they can begin to apply it directly to the situations in their lives.

This transformation is also taking place in the workplace – not only for the numerous health benefits like decreased sick days and stress levels, but also as a strategy to help foster interconnectedness, creativity and innovation.

We've been working with businesses to introduce mindfulness into their organizations through the OMG. I Can Meditate! app.

Up until recently, in order to learn meditation you had to study with a teacher. Thanks to technology, today you can learn to do it anywhere, anytime. Our focus has been to make meditation as accessible as possible to people, and to de-mystify the many myths, such as that it takes lots of time or they have to stop their minds completely.

OMG. I Can Meditate! even has an alarm function that helps people start off their day with a meditation automatically and provides users with reminders throughout the day. We've also built in communities to allow people to connect with others.

We're also starting to see many technologies that measure meditation "progress", or to measure brain waves before and after meditation. That being said, our approach has been to keep it as simple as possible, and to show people practical ways to bring a bit more calm and clarity into their lives and their relationships.

## **Brad Lamm**



*Brad Lamm is the founder of Breathe Life Healing Centers and relaunched Intervention.com.*

Brad Lamm is the founder of [Breathe Life Healing Centers](#) and relaunched [Intervention.com](#). Brad began his journey in recovery in 2003 from two decades of addiction to drugs, alcohol, nicotine, and food. Since then



he became an author, teacher, and interventionist, and have regularly appeared on Dr. Phil, The Doctors, TODAY, and The Dr. OZ Show.

**Brad Lamm:** Meditation is no longer just for the religious and spiritual. Meditation has begun to grow in popularity among the general public as the solution to chronic pain, stress, and addiction, to name just a few. It's brain-based therapy!

Mindfulness has become a way to deal with the woes of everyday life and our vices – whether you are trying to control your technology use, deal with a difficult business client and tight deadlines, or even to overcome your fear of flying.

Mindfulness will be incorporated into the PNP Brain Lab as a way to relieve the stress and guilt that accompanies dealing with eating disorders and trauma – in other words, mindfulness will help create a 'safe space' that will allow for recovery.

## **Yunha Kim**



*Yunha Kim is the founder of Simple Habit, a new meditation app that launched this year. Photo credit: Simple Habit.*

Yunha Kim is the founder of [Simple Habit](#), a new meditation app that launched this year and has grown between 6-8% week over week.

**Yunha Kim:** Just 50 years ago, people didn't run, do yoga or even brush their teeth on daily basis. It was toothpaste companies like Colgate and Crest and lifestyle companies like Nike and Lululemon who made that happen. We want to do the same for mindfulness by making it an easy addition to your life that you didn't realize how



much you needed. Now that we're available on iOS, Android, and web, we're excited about making meditation available to everyone worldwide.

Mindfulness and meditation are becoming increasingly more mainstream and that will definitely continue into 2017. The biggest hurdle is getting people to go from knowing that something is good for them and then actually taking the steps to do it. Simple Habit aims to be that nudge, to bring true mobility and accessibility to the mindfulness movement. We specifically speak to the busy modern professionals and students who need it most, with short tracks built for specific touchpoints through the day: before a meeting, while commuting, on a lunch break, study break and more.

### **Remo Uherek**



*Remo Uherek is an entrepreneur based in Switzerland.*

Remo Uherek is an entrepreneur based in Switzerland. In the past two years he has grown the [ZenFriend](#) meditation app to over 40,000 downloads. People like Loic Le Meur, serial entrepreneur from Silicon Valley, or Joi Ito, Director of the MIT Media Lab are amongst the users.

**Remo Uherek:** In the past 7 years meditation has transformed my life. Everyone who embarks upon this journey in 2017 will see great benefits, like millions of people had in the past 2500

years. There is a huge trend for using apps that seamlessly integrate into your lifestyle. There is also a huge demand for simple and straightforward tools. The simpler the app, the better. Access to meditation groups off- and online has also become more and more important, as meditating in a group is much stronger than doing it alone.

## Jay Vidyarthi



*Jay Vidyarthi is an award-winning designer and researcher behind Muse, the brain sensing headband. Photo credit: Rachel O'Neill.*

Jay Vidyarthi is an award-winning designer and researcher behind [Muse](#), the brain sensing headband. His related academic work at the intersection of mindfulness and technology has been published in leading venues in human-computer interaction.

**Jay Vidyarthi:** We're often quick to use words like "transform." As human beings, we thirst for simple solutions. We latch on to fantasies that all our answers are just over that next hill. The reality is that transformation is gradual. When it comes to mindfulness, we're already watching it happen.

Just as we're seeing more and more hybrid and electric cars take the road to meet a need for clean energy, we're also seeing more and more talk of mindfulness. There's a long way to go, but the transition is happening. The UK parliament are doing it, Fortune 50 business leaders are doing it, massive organizations are doing it,

hospitals are doing it, and teachers are even bringing it into the classroom where children are doing it.

In our current society, information is overflowing our mental capacity. We're always connected, leaving no time to rest from the relentless overload. Businesses are aggressively competing for our attention, often using sophisticated technologies to get it. Many are turning to mindfulness to find pause.

In 2017, we will see the transition accelerate. You'll hear about mindfulness from more and more scientists, media personalities, blue chip businesses, tech startups, and your friends and family. When major public events move in the wrong direction, notice the aftershock. What you'll see is a growing sector of society who embody mindfulness and compassion, and who are ready to stand up for others.

Many think technology is the opposite of mindfulness, but in 2017, we'll hear about more and more technologies aimed at cultivating it. Technology and design are our best tools for problem solving. We've used these tools to make ourselves more efficient, productive, and organized, but at what cost? As we devote more resources to issues in mental health and well-being, technologies for mindfulness will get better and better.

Societal transformations are not often punchy overnight revolutions that are easy to summarize. Like many revolutions in our history, mindfulness is gradually seeping its way into all sectors of society. The public consciousness is taking notice. 2017 will be the latest frontier of this transition, and if you watch closely enough, you'll be able to see the signs everywhere around you.

**Ehood Schwalb**





*Ehoud Schwalb is the founder and CEO of MindMetro. Photo credit: MindMetro.*

Ehoud Schwalb is the founder and CEO of [MindMetro](#), the new meditation music app for both beginners and advanced meditators. MindMetro solely focuses on the instrumental aspect to aid in the meditation journey. Users are also able to track their meditation routine and progress after each session.

**Ehoud Schwalb:** We live in a changing world, a “new normal,” where our lives are being transformed by technology. The world is becoming more automated than ever before. We are constantly bombarded by information and stress. As we rapidly approach 2017, I believe that meditation space will completely transform the way we handle stress as a whole. People will understand how important it is to take time out for themselves. Not only for relaxation purposes, but for health reasons as well.

Mindfulness, from my experience, and as science shows, can transform our lives, body, mind, and spirit. The senses of inner peace are all positive aspects of Mindfulness that will effect individuals and society as a whole as more people join the movement.

#### **RECOMMENDED BY FORBES**

[Simple Steps For Starting A Meditation Practice](#)

[Meditation Helps Tame The Brain's Emotional Response, Study Finds](#)

[6 Scientifically Proven Benefits Of Mindfulness And Meditation](#)

[How Meditation Will Help You Cope With Travel Madness](#)

[2017 30 Under 30: The Standouts](#)

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