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Welcome eM Life, your safe oasis for support. As you begin with eM Life, you'll notice that your experience is personalized to drive results for you. Our personalized approach allows you to specify your familiarity with mindfulness, choose your intention, and select mindfulness topics, skills, and teachers that are right for you.

Start by creating your own mindfulness experience with eM Life's dashboard. Here you can find the right programs and track progress easily. Each time you practice your progress will be updated on the upper left-hand side of the homepage here. You will also find your live schedule and create playlists of your favorite on-demand programs and teachers. You'll be able to choose from eM Life's library with hundreds of hours of on demand content and a selection of over 30 mindfulness instructors.

Not sure where to start? Answer two simple questions with our eM Life Assistant who will recommend the right programs for you. We also recommend joining our Mindful Daily sessions located here. These 14-minute mindfulness sessions are offered multiple times a day, every day of the week, in multiple languages. The topics of these Mindful Daily sessions relate to moments that are common in our daily lives, such as anxiety, mindful parenting, financial stress, mindful eating, sleep, working with remote teams, navigating difficult emotions, and more. Simply select a session for you.

Something that sets our programs apart is our sessions are delivered live by a global diverse group of expert teachers who you see here. Our teachers provide real time perspective, accountability, and personalized mindfulness practices. Let our teachers guide you to what you need at the moment. You also have access to hundreds of hours of on demand content with relevant fresh content daily. Popular sessions during the time include addressing burnout, improving sleep, mindful leadership, diversity and inclusion, and managing anxiety.

And for every minute of mindfulness, you practice we will match and donate those minutes of mindfulness to a charity of your choice with the Connection. The Connection allows you to find and fulfill your purpose by sharing the benefit of mindfulness and mental well-being across the world and close to home. Join communities like Compassionate Connection and continue to build your mindfulness practice while giving back to a bigger cause with The Connection.

We hope you enjoyed this brief tour. Find your personalized eM Life experience whenever and wherever with our mobile and on the web. Explore our solutions today and make every moment matter.