

# Calm for the Holidays

Cozy up and relax this holiday season with Calm.

Scan a QR code below to try a session:



Easing Holiday Stress  
4 min Meditation



Emotions Check In  
2 min Meditation



The Glacier Express  
45 min Sleep Story



Wintertime Piano  
Music Playlist



Redefining Traditions  
15 min Wisdom Episode



Penny the Penguin  
30 min Calm Kids Sleep Story

Haven't redeemed your free Calm Premium subscription yet?



- Step 1** Scan the QR to the left to sign up
- Step 2** Download the Calm app on your mobile device and log into your account
- Step 3** Share Calm with up to 5 dependents (ages 16 years +) at [www.calm.com](http://www.calm.com). Visit [cal.mn/dependents](http://cal.mn/dependents) for instructions.

