**Journey App Directions**

To access meditation sessions and 24/7 follow these instructions (please note at present App is only compatible with iPhones):

1. Click the link which is specifically for HCZ users <https://journeylive.app.link/RyU2iR3WFX> (a text message will be sent to your iPhone with an app code)

2. Once you're in the app follow the registration prompts to sign-up for a new account, using your @ hcz.org email address (FYI-If asked to sign-up for a subscription, simply scroll down and select "continue with Free Trial")

3. Enjoy the live classes, as well as the on-demand "Meditate Now" class, updated daily.

**Journey Digital Content Library**

In an ongoing effort to enhance the benefits and wellness programs offered to Harlem Children's Zone, all employees will have access to Journey Meditation's Digital Library for **Android, Web and iPhone users** featuring over 50 different classes available anytime on-demand. We're excited to include this offering at no cost, through our Journey Partnership!

Start your mindfulness Journey today. Simply access [**Journey Digital Content Library**](http://digital.journeymeditation.com/) **and enter the**password – **meditate**

**If you have any questions please feel free to reach out to us at** **Emotionalwellness@hcz.org****. Thank you and Be Well!**