

**Global Meditation Market Size study, by Product (Apps, Websites, Books, Online Courses, Yoga Centers, Meditation Programs and Workshops) by Meditation Type (Progressive Relaxation/Body Scan Meditation, Mindfulness Meditation, Breath Awareness Meditation, Spiritual Meditation/ Transcendental Meditation, Zen Meditation, Kundalini Yoga, and Metta Meditation) by Indication (Mental Condition and Physical Condition) by Type (Open Monitoring, Focused Attention and Self-Transcending Meditation) by Age Groups (Adults and Children) by Usage (Individual and Group) by Information Source (Internet and Books/Newspaper/Articles) by End Use (Home Setting, Meditation Centers and Corporates/Schools/Colleges) and Regional Forecasts 2022-2028**

<https://marketpublishers.com/r/GCFED429A460EN.html>

Date: March 2022

Pages: 200

Price: US\$ 3,218.00 (Single User License)

ID: GCFED429A460EN

## Abstracts

Global Meditation Market is valued approximately USD XX billion in 2021 and is anticipated to grow with a healthy growth rate of more than XX % over the forecast period 2022-2028. Meditation is technique which provide mindfulness and focus the mind on a particular object. The increasing prevalence of mental disorders in the people which has led to the adoption of Meditation across the forecast period. Furthermore,

increasing trend of yoga meditation is also flourishing the market of the global meditation market. For instance, as per the World Bank, in 2021, almost 1 billion people live with a mental disorder problem and they live in a low-income country. Also, almost 75% of this live with the disorder do not receive treatment. In addition, with the increasing initiatives by the key market player, the adoption & demand for Meditation is likely to increase the market growth during the forecast period. However, availability of alternative medicines impedes the growth of the market over the forecast period of 2022-2028.

The key regions considered for the global Meditation market study includes Asia Pacific, North America, Europe, Latin America and Rest of the World. Asia-Pacific is the significant region across the world in terms of market share owing to the rising technological advancement in the region and high prevalence of mental disorder and flourishing yoga centers. Whereas, Asia-Pacific is anticipated to exhibit highest growth rate over the forecast period 2022-2028. Factors such as rising awareness about the meditation programs among the people and rising disposable income of the consumer would create lucrative growth prospects for the Meditation market across Asia-Pacific region.

Major market player included in this report are:

FeelVeryBien, s.a.s.  
MEDITOPIA  
BetterMe  
Aura Health  
Sanity & Self  
TEN PERCENT HAPPIER  
Inward Inc  
Portal Labs Ltd.  
MOBIO INTERACTIVE  
MindfulnessEverywhere

The objective of the study is to define market sizes of different segments & countries in recent years and to forecast the values to the coming eight years. The report is designed to incorporate both qualitative and quantitative aspects of the industry within each of the regions and countries involved in the study. Furthermore, the report also caters the detailed information about the crucial aspects such as driving factors & challenges which will define the future growth of the market. Additionally, the report shall also incorporate available opportunities in micro markets for stakeholders to invest along with the detailed analysis of competitive landscape and product offerings of key

players. The detailed segments and sub-segment of the market are explained below:

By Product:

Apps

Websites

Books

Online Courses

Yoga Centers

Meditation Programs

Workshops

By Meditation Type:

Progressive Relaxation/Body Scan Meditation

Mindfulness Meditation

Breath Awareness Meditation

Spiritual Meditation/ Transcendental Meditation

Zen Meditation

Kundalini Yoga

Metta Meditation

By Indication:

Mental Condition

Physical Condition

By Type:

Open Monitoring

Focused Attention

Self-Transcending Meditation

By Age Group:

Adults

Children

By Usage:

Individual

Group

By Information Source:

Internet

Books/Newspaper/Articles

By End Use:

Home Setting

Meditation Centers

Corporates/Schools/Colleges

By Region:

North America

U.S.  
Canada  
Europe  
UK  
Germany  
France  
Spain  
Italy  
ROE

Asia Pacific  
China  
India  
Japan  
Australia  
South Korea  
RoAPAC  
Latin America  
Brazil  
Mexico  
Rest of the World

Furthermore, years considered for the study are as follows:

Historical year – 2018, 2019, 2020

Base year – 2021

Forecast period – 2022 to 2028

Target Audience of the Global Meditation Market in Market Study:

Key Consulting Companies & Advisors  
Large, medium-sized, and small enterprises  
Venture capitalists  
Value-Added Resellers (VARs)  
Third-party knowledge providers  
Investment bankers  
Investors

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