

Global Mindfulness Training Market 2026 by Company, Regions, Type and Application, Forecast to 2032

<https://marketpublishers.com/r/G702A1DAC025EN.html>

Date: June 2026

Pages: 163

Price: US\$ 3,480.00 (Single User License)

ID: G702A1DAC025EN

Abstracts

According to our (Global Info Research) latest study, the global Mindfulness Training market size was valued at US\$ 1273 million in 2025 and is forecast to a readjusted size of US\$ 2345 million by 2032 with a CAGR of 8.0% during review period.

Mindfulness training is a structured training product and delivery service centered on mindfulness meditation, awareness exercises, breathing exercises, body scans, emotional observation, non-judgmental attention training, and mindfulness-based stress reduction methods. It primarily utilizes mobile apps, online courses, live courses, offline workshops, corporate training, school courses, medical/rehabilitation institution courses, MBSR/MBCT projects, teacher training, and certification courses to help users build sustained attention, emotion regulation, stress management, sleep improvement, and self-awareness. The NCCIH describes meditation as a variety of practices that focus on mind-body integration, calm the mind, and improve overall health. Mindfulness meditation typically uses breathing, guided imagery, and other practices to help relax the mind and body and reduce stress.

From a product perspective, the industry is evolving from 'static audio libraries' to 'personalized training systems.' Leading apps are starting to improve user retention through AI recommendations, practice paths, daily check-ins, voice coaching, sleep/stress feedback, and multi-scenario courses; enterprise platforms emphasize HR backends, anonymous employee data, organizational risk insights, leadership courses, and integration with EAP/mental health benefits; professional course providers continue to build barriers around MBSR, MBCT, compassion training, self-compassion, teacher certification, and continuing education. The key to future competition will not be the number of individual meditation audio recordings, but rather whether courses are

structured, whether teachers are trustworthy, whether content is localized, whether users practice consistently, whether companies can see auditable engagement data, and whether products can compliantly integrate with mental health, sleep, chronic disease management, and employee benefits systems without exaggerating therapeutic effects.

This report is a detailed and comprehensive analysis for global Mindfulness Training market. Both quantitative and qualitative analyses are presented by company, by region & country, by Type and by Application. As the market is constantly changing, this report explores the competition, supply and demand trends, as well as key factors that contribute to its changing demands across many markets. Company profiles and product examples of selected competitors, along with market share estimates of some of the selected leaders for the year 2025, are provided.

Key Features:

Global Mindfulness Training market size and forecasts, in consumption value (\$ Million), 2021-2032

Global Mindfulness Training market size and forecasts by region and country, in consumption value (\$ Million), 2021-2032

Global Mindfulness Training market size and forecasts, by Type and by Application, in consumption value (\$ Million), 2021-2032

Global Mindfulness Training market shares of main players, in revenue (\$ Million), 2021-2026

The Primary Objectives in This Report Are:

To determine the size of the total market opportunity of global and key countries

To assess the growth potential for Mindfulness Training

To forecast future growth in each product and end-use market

To assess competitive factors affecting the marketplace

This report profiles key players in the global Mindfulness Training market based on the following parameters - company overview, revenue, gross margin, product portfolio, geographical presence, and key developments. Key companies covered as a part of this study include Calm.com, Inc., Headspace, Insight Timer, Aura Health, Meditopia, Waking Up Course, LLC, Balance, Potential Project, Happier Meditation, SIY Global, etc.

This report also provides key insights about market drivers, restraints, opportunities, new product launches or approvals.

Market segmentation

Mindfulness Training market is split by Type and by Application. For the period 2021-2032, the growth among segments provides accurate calculations and forecasts for Consumption Value by Type and by Application. This analysis can help you expand your business by targeting qualified niche markets.

Market segment by Type

Online

Offline

Market segment by Target Audience

18-35 years old

36 years and older

Market segment by Usage Frequency

Daily > 1 hour

Monthly ? 10 times

Market segment by Application

Enterprise Workplace

Education & Training

Medical & Healthcare

Psychological Counseling

Other

Market segment by players, this report covers

Calm.com, Inc.

Headspace

Insight Timer

Aura Health

Meditopia

Waking Up Course, LLC

Balance

Potential Project

Happier Meditation

SIY Global

Breeth

Xi'an iBetterLife Information Technology

Simple Habit

Guangzhou Duoshao Network Technology

Unmind

Intellect

Heartide Inc.

MindFi

Oxford Mindfulness Foundation

Brown University Mindfulness Center

Inner Explorer

Mindfulness in Schools Project

Sanvello

Mindful Institute

Stress Reduction at Work

Center for Stress Reduction

Smiling Mind

The Mindfulness Clinic

Guangzhou Heart Network Technology

Market segment by regions, regional analysis covers

North America (United States, Canada and Mexico)

Europe (Germany, France, UK, Russia, Italy and Rest of Europe)

Asia-Pacific (China, Japan, South Korea, India, Southeast Asia and Rest of Asia-Pacific)

South America (Brazil, Rest of South America)

Middle East & Africa (Turkey, Saudi Arabia, UAE, Rest of Middle East & Africa)

The content of the study subjects, includes a total of 13 chapters:

Chapter 1, to describe Mindfulness Training product scope, market overview, market estimation caveats and base year.

Chapter 2, to profile the top players of Mindfulness Training, with revenue, gross margin, and global market share of Mindfulness Training from 2021 to 2026.

Chapter 3, the Mindfulness Training competitive situation, revenue, and global market share of top players are analyzed emphatically by landscape contrast.

Chapter 4 and 5, to segment the market size by Type and by Application, with consumption value and growth rate by Type, by Application, from 2021 to 2032.

Chapter 6, 7, 8, 9, and 10, to break the market size data at the country level, with revenue and market share for key countries in the world, from 2021 to 2026. and Mindfulness Training market forecast, by regions, by Type and by Application, with consumption value, from 2027 to 2032.

Chapter 11, market dynamics, drivers, restraints, trends, Porters Five Forces analysis.

Chapter 12, the key raw materials and key suppliers, and industry chain of Mindfulness Training.

Chapter 13, to describe Mindfulness Training research findings and conclusion.

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