

New Binaural Beats Meditation Program Now Available in iOS

Zen Pro Meditation Program can reduce stress, improve mood and enhance memory among others, now available for free online.

LOUTH, UNITED KINGDOM, November 12, 2016 /EINPresswire.com/ -- Announcing the [Zen Pro Meditation Program for iOS](#). Now, Zen Pro may be downloaded in an iPhone, iPad or iPod Touch and taken anywhere. It is a meditation app that will let users listen to meditation audios that amount to a 5-month meditation program.

Zen Pro Meditation uses binaural beats technology which means using brainwave entrainment technology to create deep meditative states even for users who are just starting to learn meditation, or complete novices. With binaural beats technology, users can enjoy effortless meditation, allowing them to enjoy the benefits of the Zen Pro program.



The app itself is easy to manage and places everything the users need to access the meditation program in one screen. It allows users to create their own settings, to check for meditation notifications, to access social media pages and to download content easily.

Zen Pro Meditation is known to improve sleep, increase serotonin levels, boost creativity, elevate cognitive energy, reduce blood pressure levels and heart rate, reduce stress and anxiety, improve memory, encourage deep meditation, calmness and emotional balance and reduce pain. Meditation does not require the use of drugs so it's safe to use on a regular basis. It is suitable for younger adults and the old and for anyone looking for a safe and effective alternative stress, anxiety, insomnia and pain treatment. The complete Zen Pro Meditation Program is for twenty weeks and is designed to prepare the brain for the [benefits of binaural beats meditation](#). Those who are interested can start

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Spencer Fleming

the program anytime. All they need to do is to download the app and then use it through their iOS device anywhere.

A short review from a Zen Pro Meditation app user who rated the program 5 out of 5 stars: “Useful app, it's helped me relax and reduced a lot of stress. I listen to the program in the morning usually, which I find sets me up for the day. I've had some interesting experiences already after only 5 weeks!” Users can opt to continue with the Zen Pro Meditation Program or not, but even if they chose not to, they can keep the app and use the free audio included in the app download. The Zen Pro Meditation

Program is divided into five parts which may be purchased singularly or as a package. More information about the Zen Pro Meditation app and about pricing is available through their official site zenpro.uk.

About the Zen Pro Meditation app:

The Zen Pro Meditation app achieves a level of standard at a low enough price that it has virtually earned the title of being the best value program of its kind in the marketplace. Hundreds of hours of research and work have gone into crafting the perfect [binaural beats meditation](#) program.

The Zen Pro Meditation App is a confluence of the right people with great passion working to benefit as many people as possible. Both novices and advanced users of the technology appreciate Zen Pro Meditation because it works as expected of any first rate meditation program without costing an arm and a leg.

More information about Zen Pro Meditation is found at zenpro.uk

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