

Global Meditation Market Set For 22.7% Growth, Reaching \$18.21 Billion By 2028

*The Business Research Company's
Meditation Global Market Report 2024 -
Market Size, Trends, And Global Forecast
2024-2033*

LONDON, GREATER LONDON, UNITED KINGDOM, November 6, 2024

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The meditation market has experienced significant growth in recent years. It is projected to increase from \$6.61 billion in 2023 to \$8.05 billion in 2024, reflecting a compound annual growth rate (CAGR) of 21.8%. Factors contributing to this growth during the historical period include the management of stress and anxiety, an increase in health and wellness trends, cultural and spiritual practices, scientific confirmation of benefits, and the implementation of corporate wellness programs.

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The meditation market size is expected to see exponential growth in the next few years. It will grow to \$18.21 billion in 2028 at a compound annual growth rate (CAGR) of 22.7%.”

*The Business Research
Company*

[Global Meditation Market Size: What Are the Forecasts for Market Growth and Annual Expansion?](#)

The meditation market size is anticipated to experience substantial growth in the coming years, projected to reach \$18.21 billion by 2028 with a compound annual growth

rate (CAGR) of 22.7%. This growth during the forecast period is driven by an increased emphasis on mental health, incorporation into healthcare practices, wellness tourism and retreats, the rise of digital meditation platforms, and integration within educational and workplace environments.

Get Detailed Insights into the Global Meditation Market with Our Sample Report:

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What Are The Key Growth Drivers In The Meditation Market?

The increasing popularity of meditation apps is projected to drive the growth of the meditation market in the future. These apps are digital resources aimed at assisting users in practicing mindfulness and meditation through guided sessions, audio tracks, and a variety of other features. There are age-appropriate meditation apps available across multiple operating systems, often with paid subscription options. The market is fueled by the rising demand for applications that offer mindfulness meditation on platforms like iOS and Android, along with the growing trend of leveraging technology to personalize user experiences and foster connections with consumers.

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Who are the Key Industry Players Stepping Up in the Meditation Market?

Key players in the meditation market include Stop Breathe and Think PBC, Mindfulness Everywhere, Insight Network Inc., BetterMe BUSINESS HOLDINGS Corp, The Meditation Company GmbH, Calm.com Inc., Mindbody Inc, Headspace Inc., Chopra Global LLC, Gaia Inc, Committee for Children, Sattva Inc, Gaiam Brands LLC, Meditopia Inc, Smiling Mind Ltd, Wildflowers Mindfulness Ltd, Sanity and Self Inc, Yoga International LLC, Aura Health Inc, Simple Habit Inc., Portal Labs Ltd., Mobio Interactive Pte Ltd., Unplug Meditation LLC, Happify Inc,

What Trends Are Shaping The Growth Of The Meditation Market Size?

Leading companies in the meditation market are concentrating on creating innovative solutions, similar to Calm, to enhance their market presence. A meditation and mental health platform generally refers to a digital application that provides a range of resources aimed at promoting mental well-being, including guided meditations, sleep aids, relaxation tools, and educational materials.

What Are the Different Segments of the Global Meditation Market?

- 1) By Type: Open Monitoring, Focused Attention, Self-Transcending Meditation
- 2) By Meditation Type: Zen Meditation, Metta Meditation, Spiritual Meditation Or Transcendental Meditation, Progressive Relaxation Or Body Scan Meditation, Mindfulness Meditation, Breath Awareness Meditation, Kundalini Yoga
- 3) By Age: Adult, Children
- 4) By End-User: Meditation Centers, Home Setting, Corporates Or Schools Or Colleges

Geographical Insights: North America Leading The Meditation Market

North America was the largest region in the market in 2023. The regions covered in the report are Asia-Pacific, Western Europe, Eastern Europe, North America, South America, Middle East, Africa.

[What Is The Definition Of The Meditation Market?](#)

Meditation encompasses a range of self-regulation practices aimed at harmonizing the mind and

body, helping to alleviate stress and enhance overall well-being. This practice has been utilized for thousands of years and enjoys global popularity due to its benefits for brain health and general wellness.

The Meditation Global Market Report 2024 from The Business Research Company includes the following key information:

- Market size data for both historical and future periods
- Analysis of both macro and microeconomic factors that have impacted the market over the past five years
- Regional market analysis covering Asia-Pacific, China, Western Europe, Eastern Europe, North America, the USA, South America, and the Middle East and Africa
- Country-specific market analysis for Australia, Brazil, China, France, Germany, India, Indonesia, Japan, Russia, South Korea, the UK, and the USA.

Overview of the Global Meditation Market Report: Trends, Opportunities, Strategies, and More
The Meditation Global Market Report 2024 from The Business Research Company is an extensive resource that delivers insights into meditation market size, meditation market drivers and trends, meditation competitors' revenues, and meditation market growth across geographies. This report provides valuable in-depth insights into potential opportunities and strategies. Companies can utilize the information presented to target segments with the greatest growth potential.

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