

Calmora Launches Human-Centered Mindfulness App that Pairs Gentle Guided and Free-Form Meditations

OAK BROOK, IL, UNITED STATES, November 6, 2025 /EINPresswire.com/ -- [Calmora.io](https://calmora.io), a science-backed, human-centered mindfulness app, today announced its public launch, offering an emotionally honest alternative to generic meditation apps. Built on neuroscience and psychology principles—and designed to feel warm, empathetic, and thoughtful—Calmora helps people reconnect with inner calm and emotional balance through short, guided practices, and community challenges designed by certified professionals. Calmora combines the best of ancient wisdom with modern science.



“Most wellness tools push perfection. Calmora meets people where they are,” said Oliu Radu, Co-Founder & CEO of Calmora. “Our approach is simple: listen first, validate what’s real, then offer the next tiny step. When practice feels human and emotionally safe, people actually keep going.”

“Meditation—it’s a tool for wellness, healing, and complete transformation,” said Yash Yoga (Yash Moradiya), Yoga Expert, 10-time Guinness World Record Holder, and mindfulness coach. “It has the power to shape not just the body but also the mind, intellect, and spirit, guiding each of us to become the best version of ourselves.”

Calmora stands apart with micro-practices that fit real life—from brief 60–90 second sessions to 10–12 minute meditations for breathwork, grounding, and emotion-naming that help you reset on busy days—paired with gentle sleep and journaling flows that support better rest and emotional clarity. Its emotionally honest design—a calm, non-judgmental voice and soft, soothing visuals—reduces pressure and encourages steady growth, while privacy and safety by design keep emotional safety and user choice at the core, including clear in-app guidance to resources when deeper support is needed. Calmora is for individuals seeking practical tools for

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*Oliu Radu, Co-Founder & CEO
of Calmora*

stress, anxiety, focus, and sleep without shame or pressure.

Calmora is a mindfulness platform built on neuroscience, psychology, and traditional wisdom, designed to feel human. The app pairs gentle, empathetic guidance with short, effective practices and coach-led challenges that make consistency stick. Calmora's mission is to help people reconnect with calm and emotional clarity—anytime, anywhere—through tools that are simple, safe, and emotionally honest. CALMORA S.R.L Bucharest Romania & Oak Brook IL.

Visit calmora.io to learn more and download the app today.

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