The monk who created a $250 million app

Have you used a meditation app?

Vocabulary

1. focused 2. stressed 3. meditation 4. monk 5. mindfulness 6. app

True Story

Andy Puddicombe is from Bristol, England. He was born in 1972. Andy decided to become a _____ in his early twenties. After a serious accident and the death of several people close to him, he felt a strong need to find peace.

He travelled to Asia to learn about _____. Andy trained as a Buddhist monk for over ten years in countries like India, Nepal, and Thailand.

In 2010, Andy started a company called Headspace with his partner, Rich Pierson. Headspace is an _____ that teaches meditation and _____. It has become very popular around the world. The app helps people to feel less _____, more _____, and happier. Today, Headspace has millions of users in many countries and continues to help people find calm in their busy lives.

Quiz

1. Where is Andy Puddicombe from?
2. What did Andy decide to become in his early twenties?
3. What company did Andy start in 2010?
4. What does the Headspace app teach?

True or False

1. Paddington Bear was born in 1972. True | False
2. Andy trained as a Buddhist monk for over ten years. True | False
3. Headspace helps people feel more stressed and less focused. True | False

Conversation

Andy: What about a business that promotes wellbeing?
Rich: I like it. Maybe something online?
Andy: An app for meditation could work.
Rich: Yes, accessible meditation for everyone, anytime.
Andy: Let's call it Headspace.
Rich: Perfect. Let's make meditation mainstream!

Discussion

1. Have you ever tried meditation?
2. Would you consider becoming a monk?
3. What do you do to feel less stressed?
4. Have you ever used an app to learn something new?

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