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Anuvu Partners with Headspace to Bring Mindful Content Inflight



This exclusive agreement brings Headspace content curated with travelers in mind to inflight entertainment, providing moments of relief from anxiety and stress while on the go.

LOMBARD, IL, February 11, 2025 – [Anuvu](#), a leading provider of worldwide entertainment solutions for mobility markets and high-speed inflight connectivity, has signed an exclusive agreement with Headspace, provider of the popular Headspace mental health app. This partnership will launch a variety of mindfulness and meditation content – including tools for stress, anxiety, sleep, and mindful living - available to inflight audiences in Spring 2025.

Anuvu's Headspace offering comprises video and audio content on travel sleep tips, inflight meditations and guided seated stretching for travelers to relax and recharge while enroute to their destination. With an estimated 40% of travelers experiencing some degree of flight anxiety, this partnership reinforces Anuvu's commitment to passenger wellbeing and refining the guest experience. Aligned with its goal to offer a world-class catalog of content, the initiative extends beyond entertainment for travelers, encouraging mindfulness and mental wellness for all.

"Headspace is a beloved mental health app with over 100 million users worldwide, and we're delighted to bring their titles to airline travelers," said Simon Cuthbert, VP, Content Licensing and Distribution at Anuvu. "This partnership offers a unique opportunity for passengers to

experience the impact of Headspace's mental health content outside of their app-based programming, providing a moment of peace in the sky."

"Partnering with Anuvu is a meaningful way for Headspace to expand our reach and bring mindfulness and mental health tools to people no matter where they are in the world" said Sara Cohen, VP of Content at Headspace, "We're thrilled to collaborate with Anuvu to provide travelers with a curated content library, helping make every travel journey a calmer, more relaxing experience."

Anuvu continues to seek the best inflight entertainment for travelers around the world. This collaboration with Headspace demonstrates Anuvu's commitment to curating the world's best content library with the ability to serve all travelers. For more information about Anuvu's content and entertainment offerings, visit anuvu.com.

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About Anuvu

Anuvu connects and entertains the world's passengers. Our award-winning content and connectivity solutions are reliable, scalable, and tailored to our customers' brands and service objectives. With a flexible and agile approach, we maximize the technology available today, while optimizing for tomorrow.

Some of the most experienced professionals in the industry lead our teams and this, together with our long-standing client relationships, means we never stand still.

Anuvu. Let Innovation Move You.

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About Headspace

Headspace is your lifelong guide to better mental health. We make mental health support accessible to everyone, no matter their background or experience. Through our flagship [Headspace](#) app, we provide mindfulness and mental health tools for everyday life, including guided meditations, sleepcasts, mindful movement, and mental health coaching. Our [enterprise offerings](#) combine this experience with EAP and work-life services, as well as therapy and psychiatry services – all in a single destination. Our team of experts ranges from mental health clinicians to Emmy award-winning producers, and data scientists, working together as one to help millions of people around the world be healthier and more productive. To learn more, please visit headspace.com.

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