

# @2:50 Insight Daily

Enjoy more clarity, resilience, and focus  
*with ten minutes of mindfulness.*

Free to everyone, everywhere, every day.  
No registration or experience needed.

## EUROPA

@2:50 pm Helsinki

8:50 pm Singapore

9:50 pm Tokyo

12:50 pm London

7:50 am New York

## ATLANTICA

@2:50 pm New York

7:50 pm London

1:50 pm Mexico City

11:50 am Los Angeles

9:50 am Honolulu

## PACIFICA

@2:50 pm Vancouver

5:50 pm New York

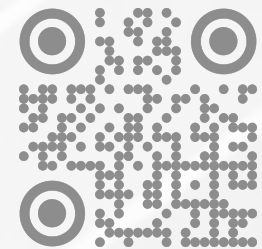
4:50 pm Mexico City

12:50 pm Honolulu

6:50 am Singapore

*All times in Standard Time. Please adjust accordingly if your time zone has daylight savings.*

@2:50 is a daily, online, ten-minute, silent mindfulness practice shared free with the world. Created at MIT & volunteer-led, @2:50 helps you reflect & recharge with minimal effort. @2:50 promotes no creed, sect, organization, or ideology. We simply meet every day from all around the world, for ten minutes of quiet and *everyone is invited.*



[at250.org](https://at250.org)