

# Breathe a sigh of relief

Our effective in-app breathing techniques help you achieve a sense of calm and relaxation, available wherever and whenever you need them



## Classic

Box breathing, commonly used in sports, is a technique that focuses the mind and relieves stress.



## Focus

Following the Ujjayi technique, this practice helps to discover stillness and inner peace.

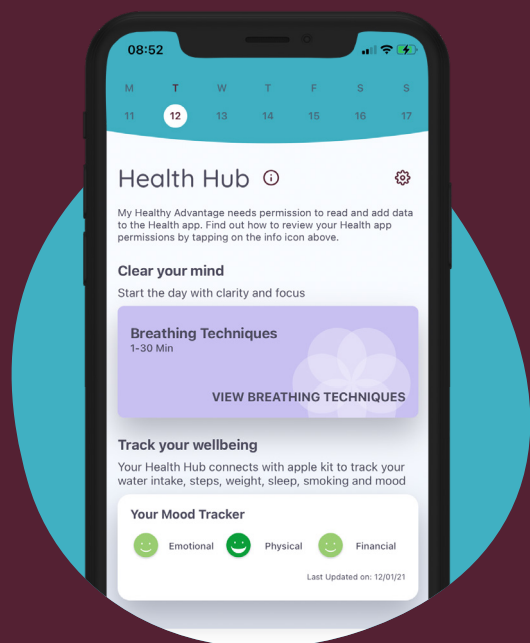
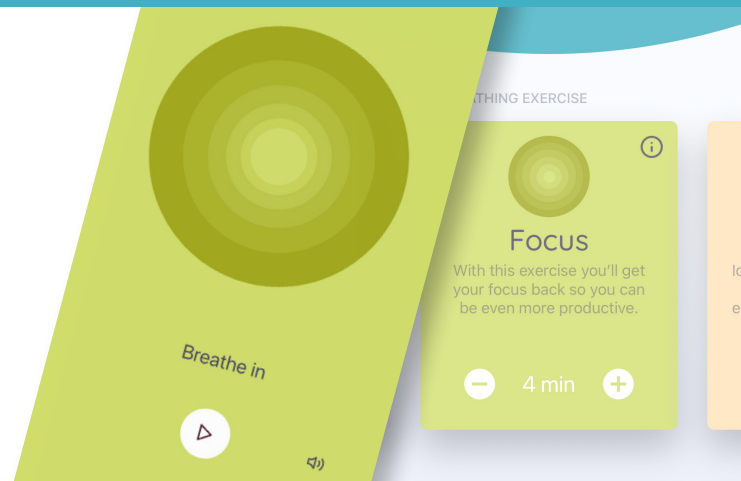


## Calm

This guided 4-7-8 breathing technique encourages the mind and body to unwind and de-stress.

## Features

- **3** distinct breathing techniques available
- **Flexible length of practice** to fit in with your routine
- **Pause and resume** with ease
- Breathing **animations** to enhance your practice
- Earn **achievements** as you progress



## What are the benefits of breathing techniques?

- ✓ Manage and reduce stress
- ✓ Lowers heart rate and blood pressure
- ✓ Improves immunity and digestion
- ✓ Boosts energy and concentration



Unique code:

health  assured

