

# welcome

**Breathe in peace, breathe out stress .  
welcome to your moment to calm.**

**Get Started**



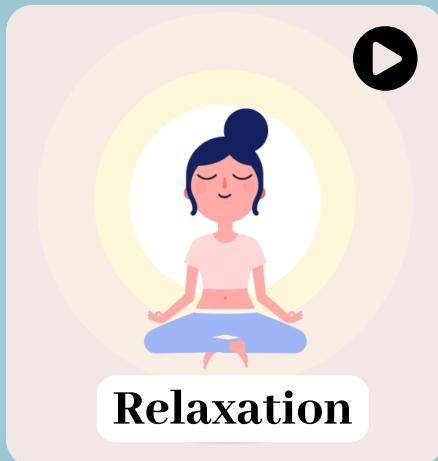
# welcome

Breathe in peace, breathe out stress .  
welcome to your moment to calm.

**Get Started**

# Hi Maha!

How are you feeling today?



Relaxation



Anxiety reduction



Deep sleep

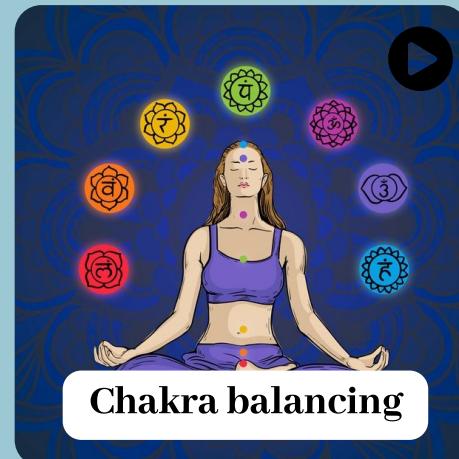


Inner Peace



Focus

*Never underestimate your mind, they can both break your strength*



Chakra balancing

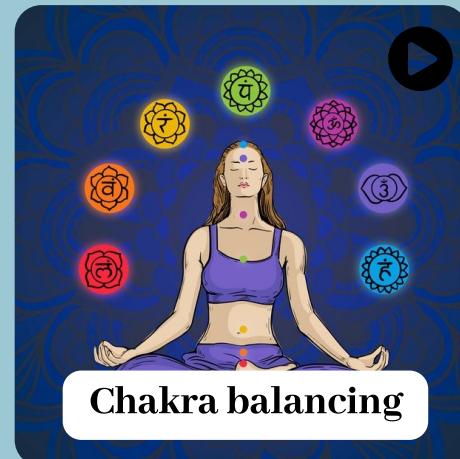
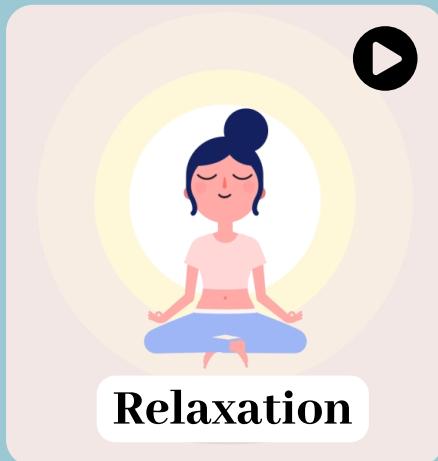


# Hi Maha!

How are you feeling today?



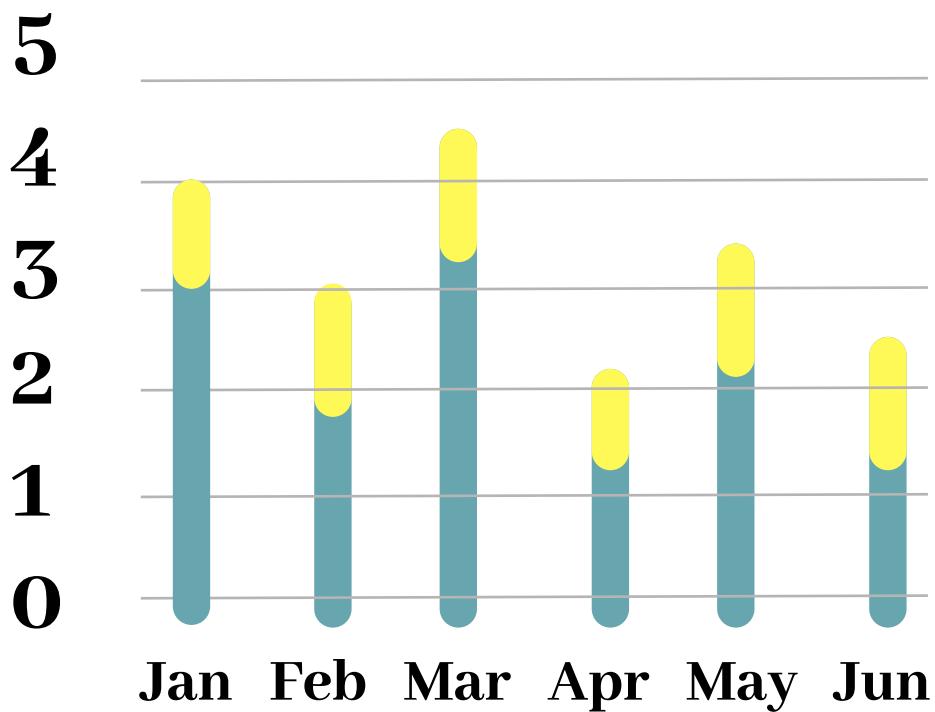
## Search



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# Progress Graph



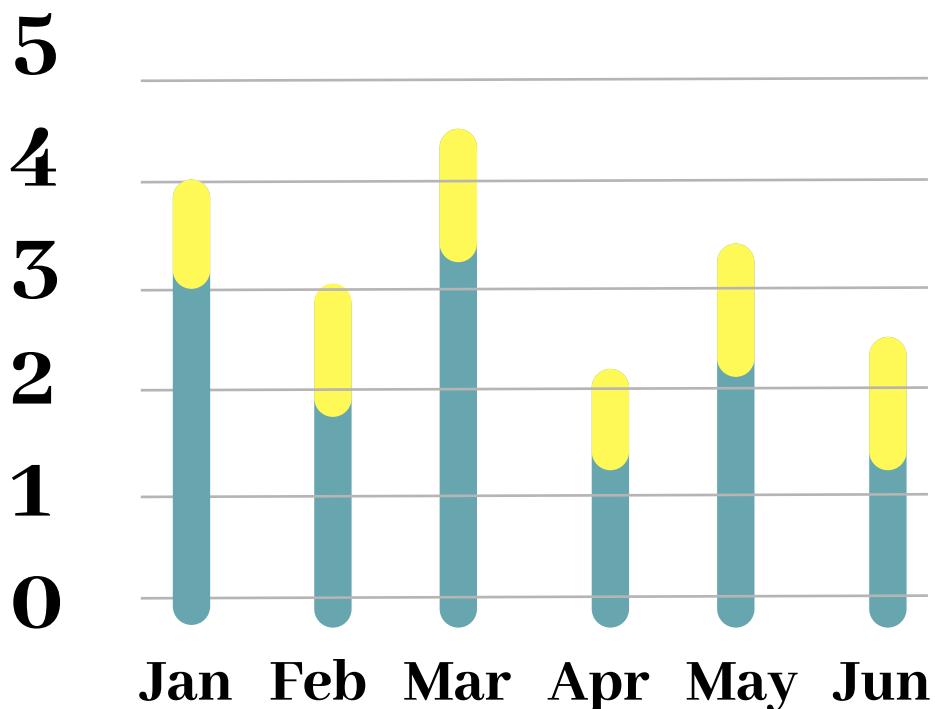
Milestone      70%



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# Progress Graph



Milestone **70%**



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# Profile



**Name : Maha**

**email: abc@gmail.com**

**Phone no: 1234567890**

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# Meditation!

guided by short introductory course  
Start trying meditation



45:00

Start



How to meditate

25:45

<

# Meditation!

guided by short introductory course  
Start trying meditation



45:00

Start



# Set your daily meditation reminder

Anxiety reduction

05:00AM



Relaxation

06:30AM



Deep sleep

05:30PM



Save



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# Set your daily meditation reminder

Anxiety reduction

05:00AM



Relaxation

06:30AM



Deep sleep

05:30PM



Saved

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# Community

Post







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# Community

Post

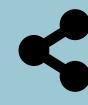


## new post

70%



## Today's Achievement



Upload

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# Community

Post

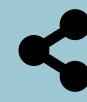


## new post

70%



## Today's Achievement



Uploaded Successfully