

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

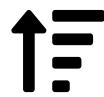
Deep sleep

Inner Peace

Focus

Never underestimate your power, they don't know your strength.

Chakra balancing



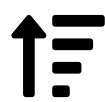
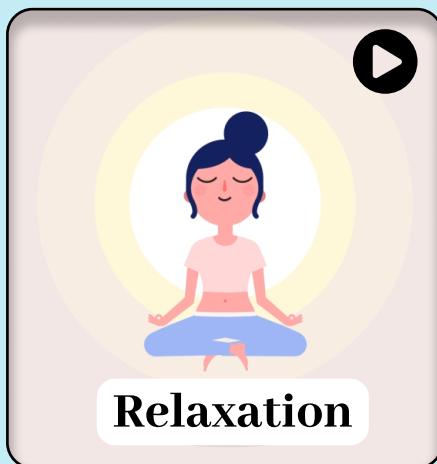
Hi Maha!



How are you feeling today?

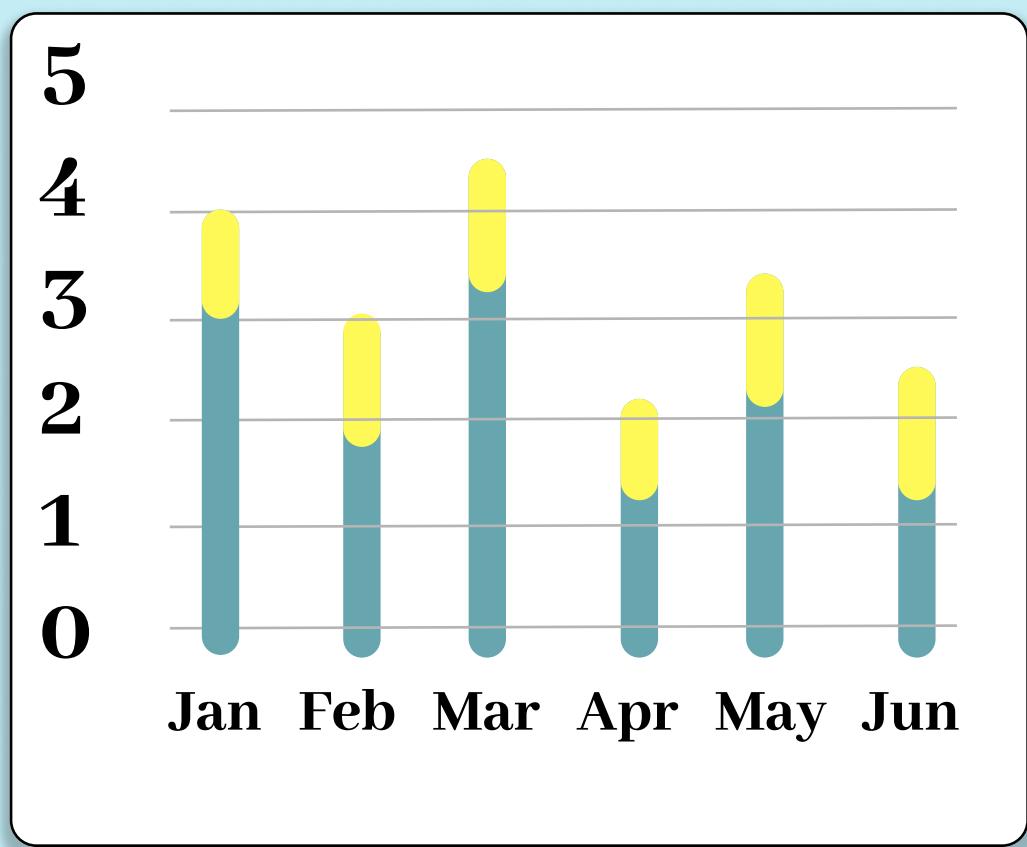


Search

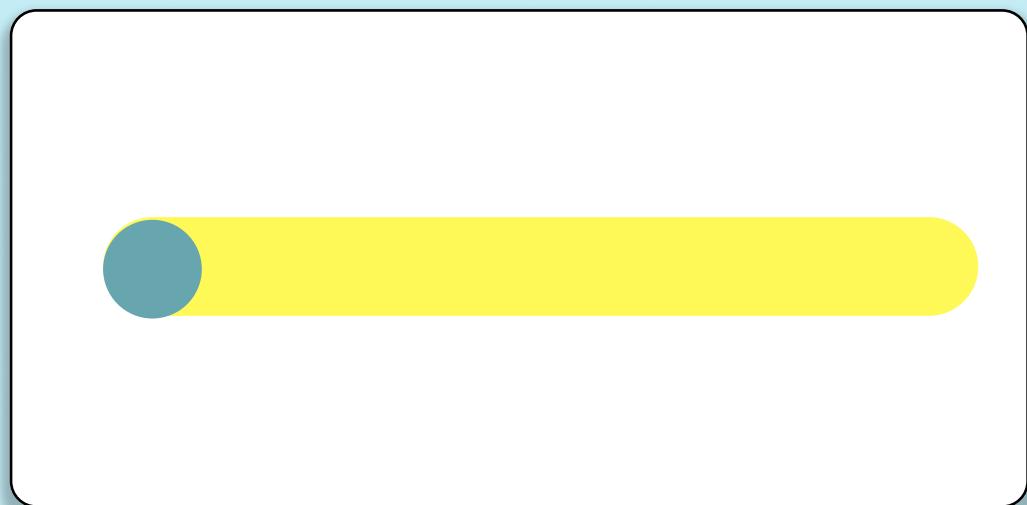




Progress Graph

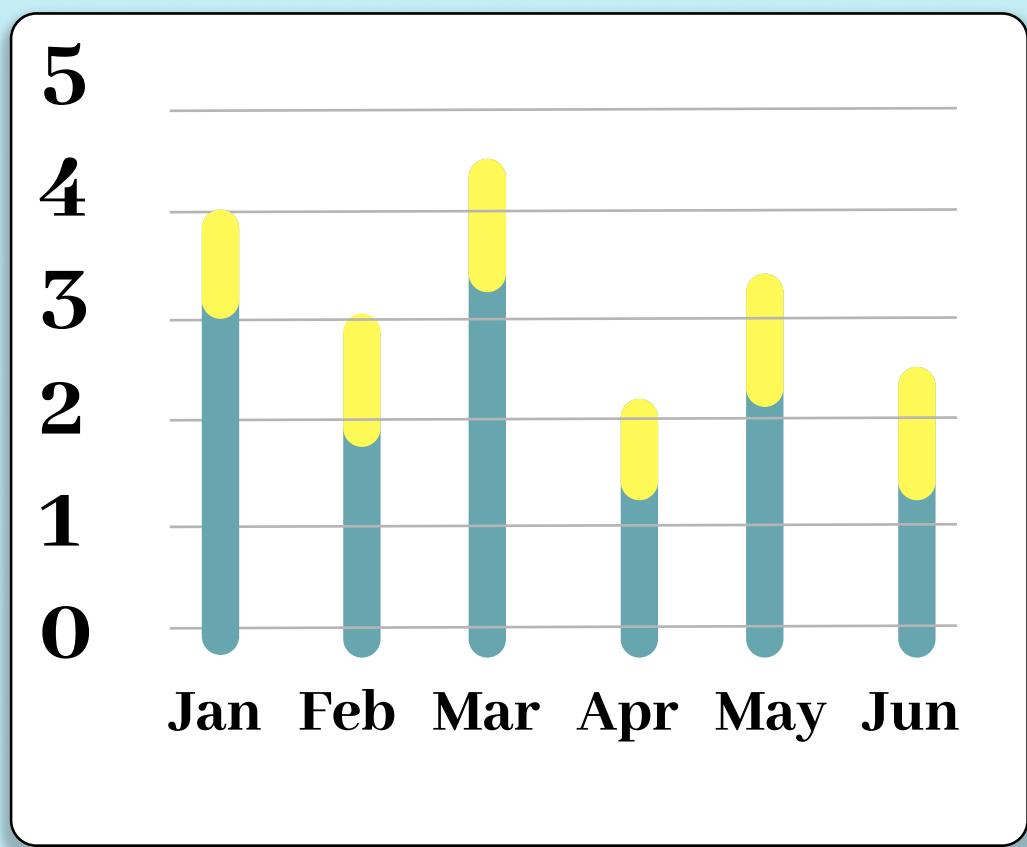


Milestone **70%**





Progress Graph



Milestone **70%**

30% remaining to reach a
Silver Badge





Profile



Name : Maha



email : abc@gmail.com



Phone no: 6369384988

more+



Meditation!

guided by short introductory course
Start trying meditation



45:00



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



Set your daily meditation reminder

Anxiety reduction

05:00AM



Relaxation

06:30AM



Deep sleep

05:30PM

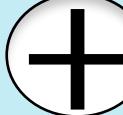


Saved



Community

Post



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Community

Post

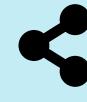


new post

70%



Today's Achievement

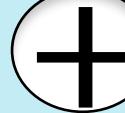


Upload



Community

Post



new post

70%



Today's Achievement



Uploaded Successfully