Breather App

Inhale 4 ⇅ hold 7 ⇅ exhale 8 ⇅ minutes 1 ⇅ ⚙ ▶

Breather App

Inhale 4 ⬍ hold 7 ⬍ exhale 8 ⬍ minutes 1 ⬍ ⚙ ▶

Breather App

Inhale 4 ⬍ hold 7 ⬍ exhale 8 ⬍ minutes 1 ⬍ ⚙ ▶

Inhale

Breather App

Inhale `4` ↕ hold `7` ↕ exhale `8` ↕ minutes `1` ↕ ⚙ ▶

Inhale