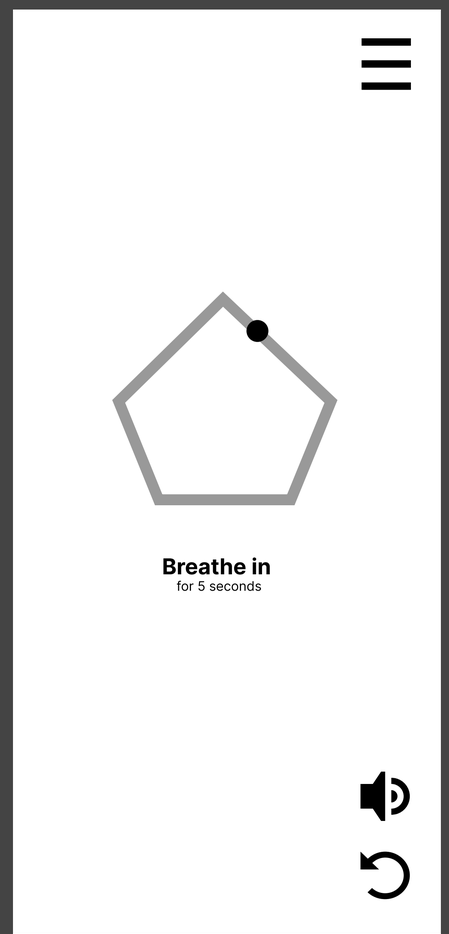
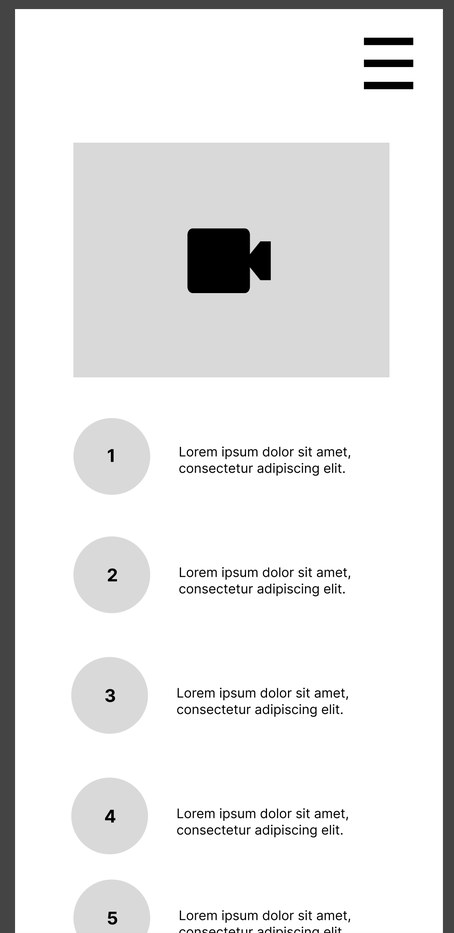
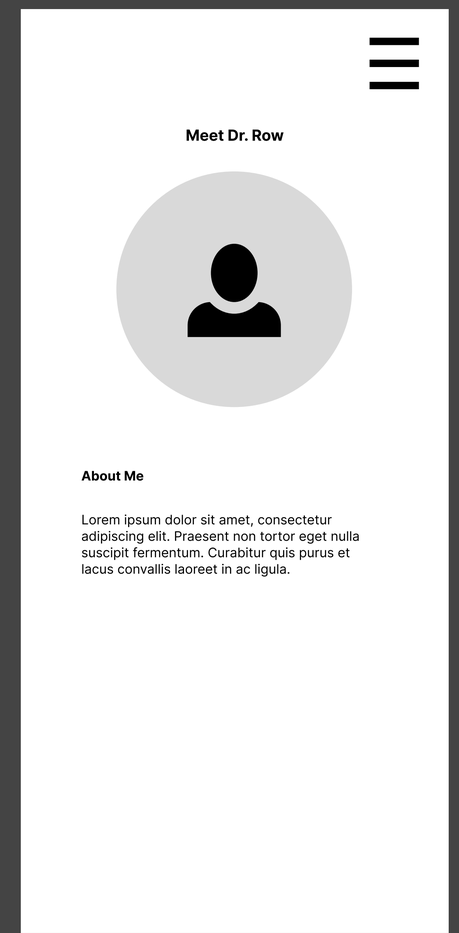
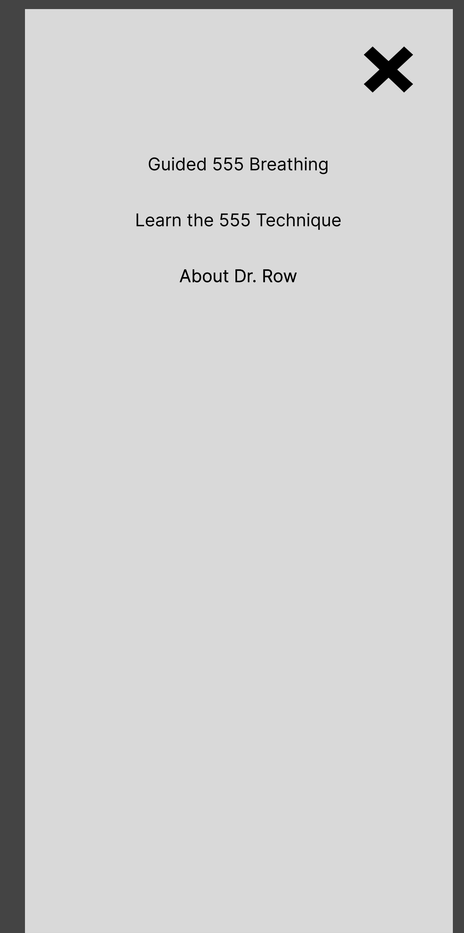
Lo-fi wireframe v1









Lo-fi wireframe v2

some sort of choose your experience dialogue ..? i would love to offer different modes / ways to experience the 555

navigation/about her could even be embedded within a home page or not !
- 1 or the other!

Experience Dr.Row's 555 Breathing Technique

mini desc here!
- expressing what the 555 Scenario is

should there be written instructions on this page?

Follow along with Dr.Row & experience the 555 Breathing Technique

imagine there's text here lol

similar to spotify lyrics, when you view them and the audio/lyrics sync, i'd like to do the same with the steps

Turn your volume up to hear Dr.Row's voice!

1 Breathe In for 5 seconds

2 Hold your breath for 5 seconds

3 Breathe In for 5 seconds

4 Breathe In for 5 seconds

5 Breathe In for 5 seconds

Breathe in

map out some sort of way to give an indication of what number we're on

-look @ yoga sites to see how they kind of help people rmr timing
-numbers/color!! change/ opacity?
-growth during the seconds (holding)

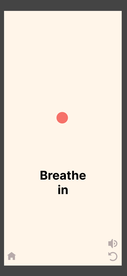
- it just gets more ambiguous w/o voice

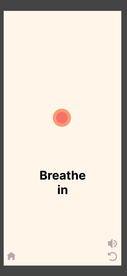
Feedback: (f. Dr.Row)

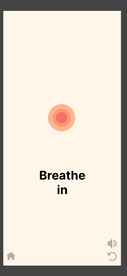
- She likes iteration v2 of the home page -- we can try to consolidate information about the 555 Breathing Technique here & offer initial instruction/an idea of what it is
  - experiment with doing our main linking/ navigation here instead -- it might be less/ similar clicks as a nav button, but we can see
- the different options for experiencing the 555 do all align w/ her vision -- we could consider a mode switching option for how people can engage w/ the 555
- Guided animation is good!
- The Breathing in/out as the main anim. is a go!
- should look into the lotus as a potential anim -- might be too difficult/not within our timeframe to animate a lotus the way she'd like/envisions unless we do 3D work (possible, but not pleasant?)

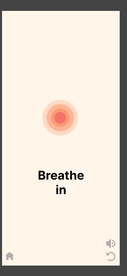
interactions i'm ideating:

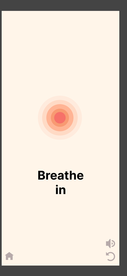
- mode-switching between versions of the 555
- navigation
  - could be scroll on main page
    - could bump description down and include buttons up top?
  - could be hamburger menu ? → i don't love these, but it's a common des. pattern
    - pro of having pull out nav menu is that it's accessible from anywhere and we can embed dif options here -- i can build out each, but it truly comes down to what's easiest (ideally, here i'd like to do a/b testing)

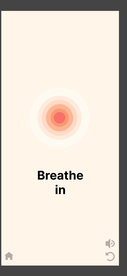


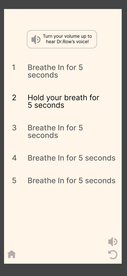


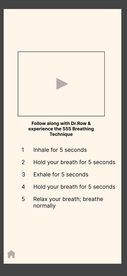




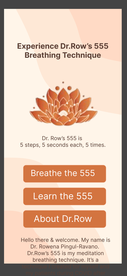






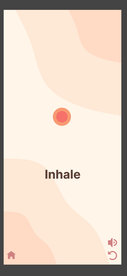


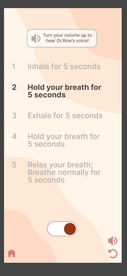
home page + nav

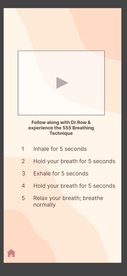


App Pages:

- Home Screen
- About Dr.Row
- Breathe the 555 (Animation) ⟷ Spotify-esque Follow along (toggle!!!)
- Learn the 555 (Guided Video/tutorial)







Official 555 Steps

1 Inhale for 5 seconds

2 Hold your breath for 5 seconds

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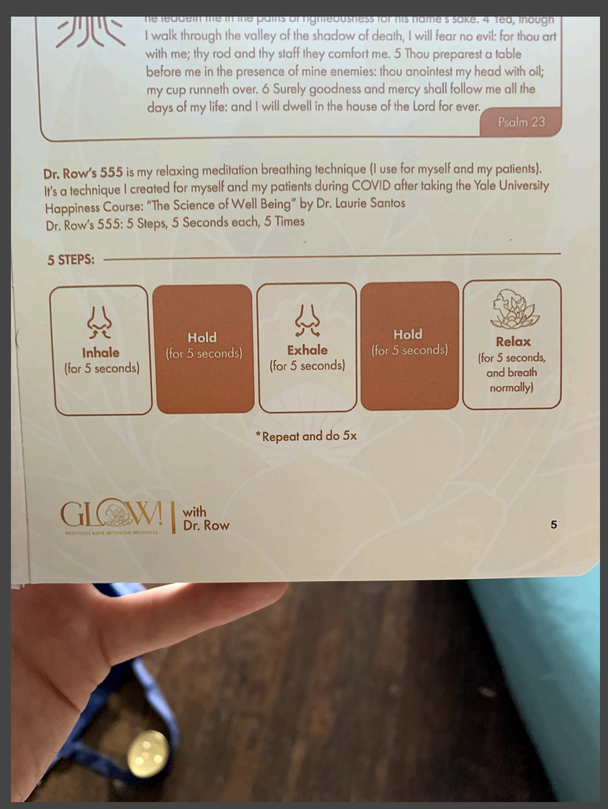
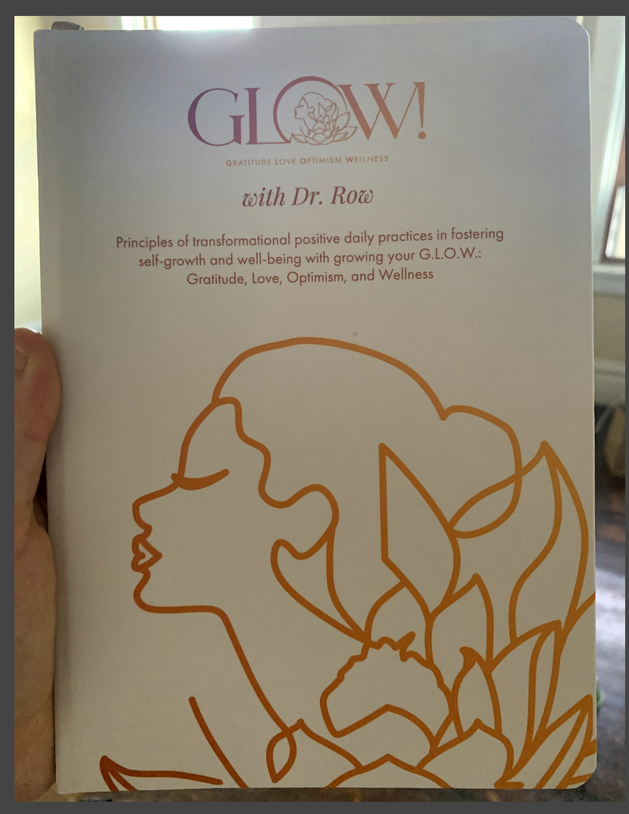
5 Relax your breath; breathe normally for 5 seconds

visual development - HI-FI





Dr. Rowena Pingul-Ravano

Dr. Rowena Pingul-Ravano

Dr. Rowena Pingul-Ravano

Dr. Rowena Pingul-Ravano

Experience Dr.Row's 555 Breathing Technique

Hello there & welcome. My name is Dr. Rowena Pingul-Ravano.
Dr.Row's 555 is my meditation breathing technique. It's a technique I created for myself and my patients during COVID after taking the Yale University Happiness Course, "The Science of Well-being," by Dr.Laurie Santos.

Dr. Row's 555 is
5 steps, 5 seconds each,5 times.

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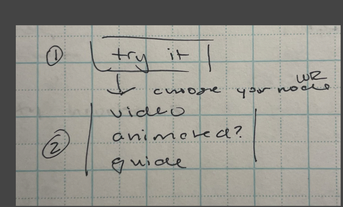

- Try it!
- Try the 555
- Experience the 555
- Invest in Relaxation (sounds evil?)
-

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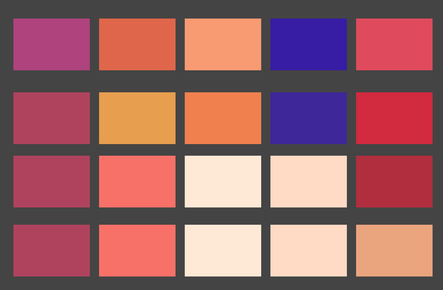
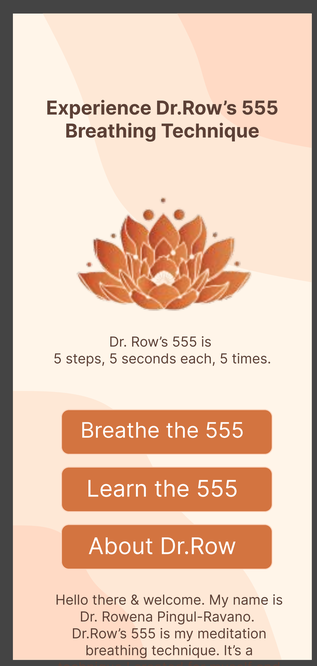
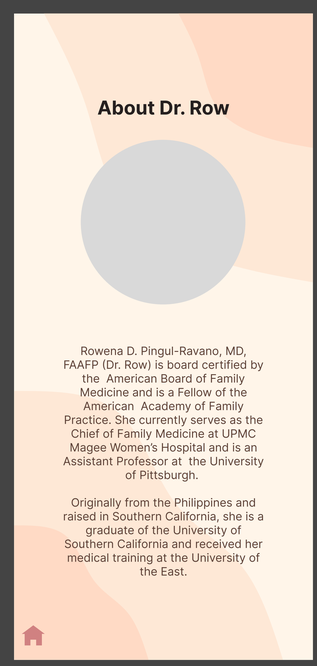


Hi-fi

home page + nav





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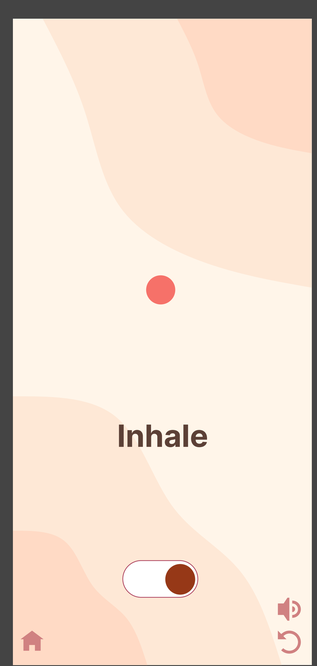
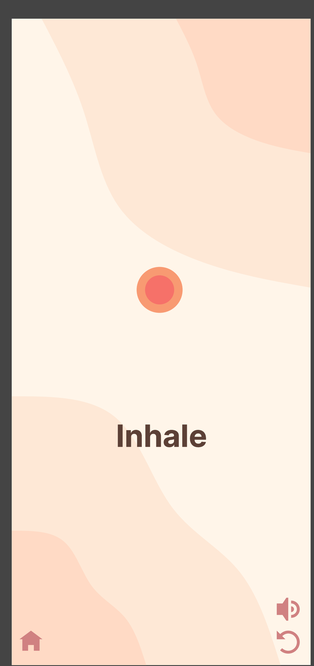
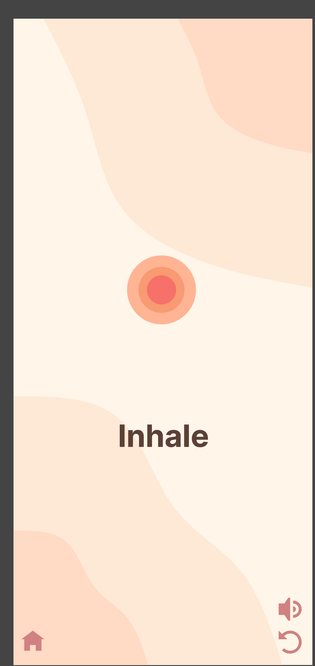
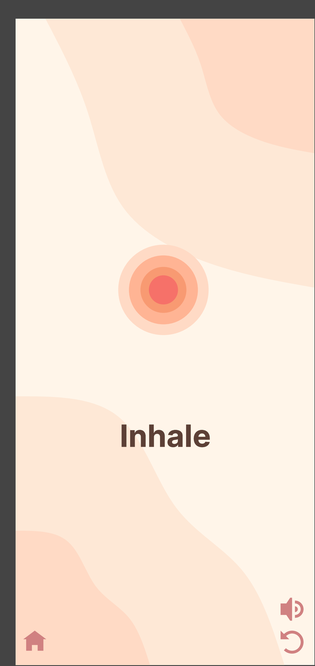
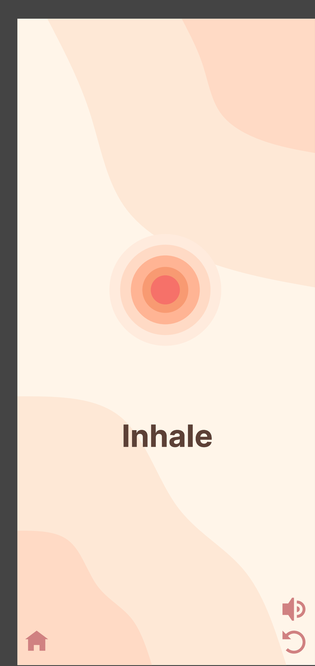
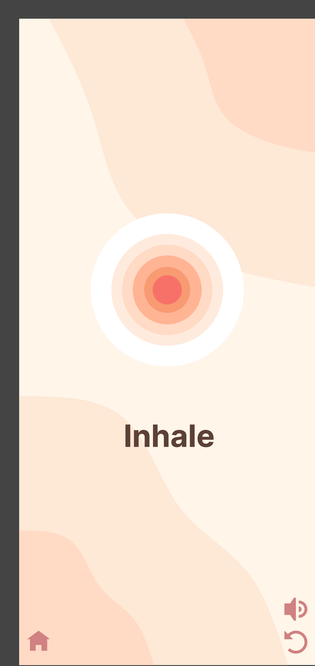




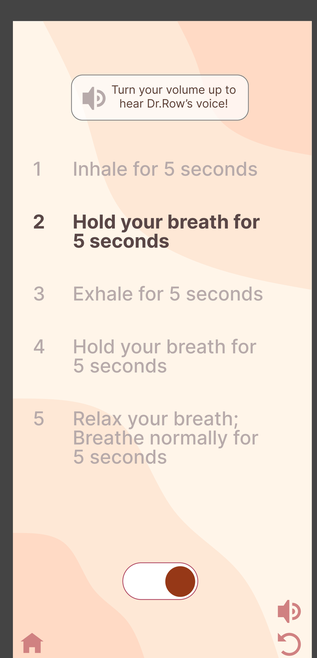


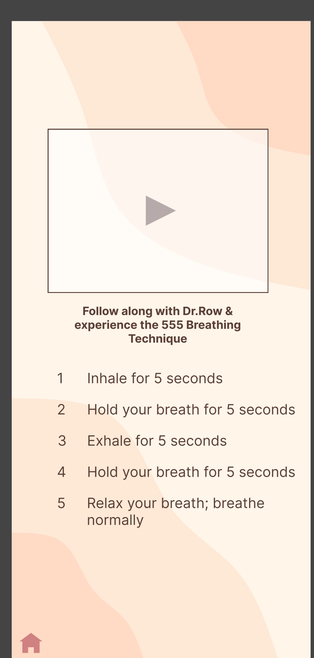






Official 555 Steps





1 Inhale for 5 seconds

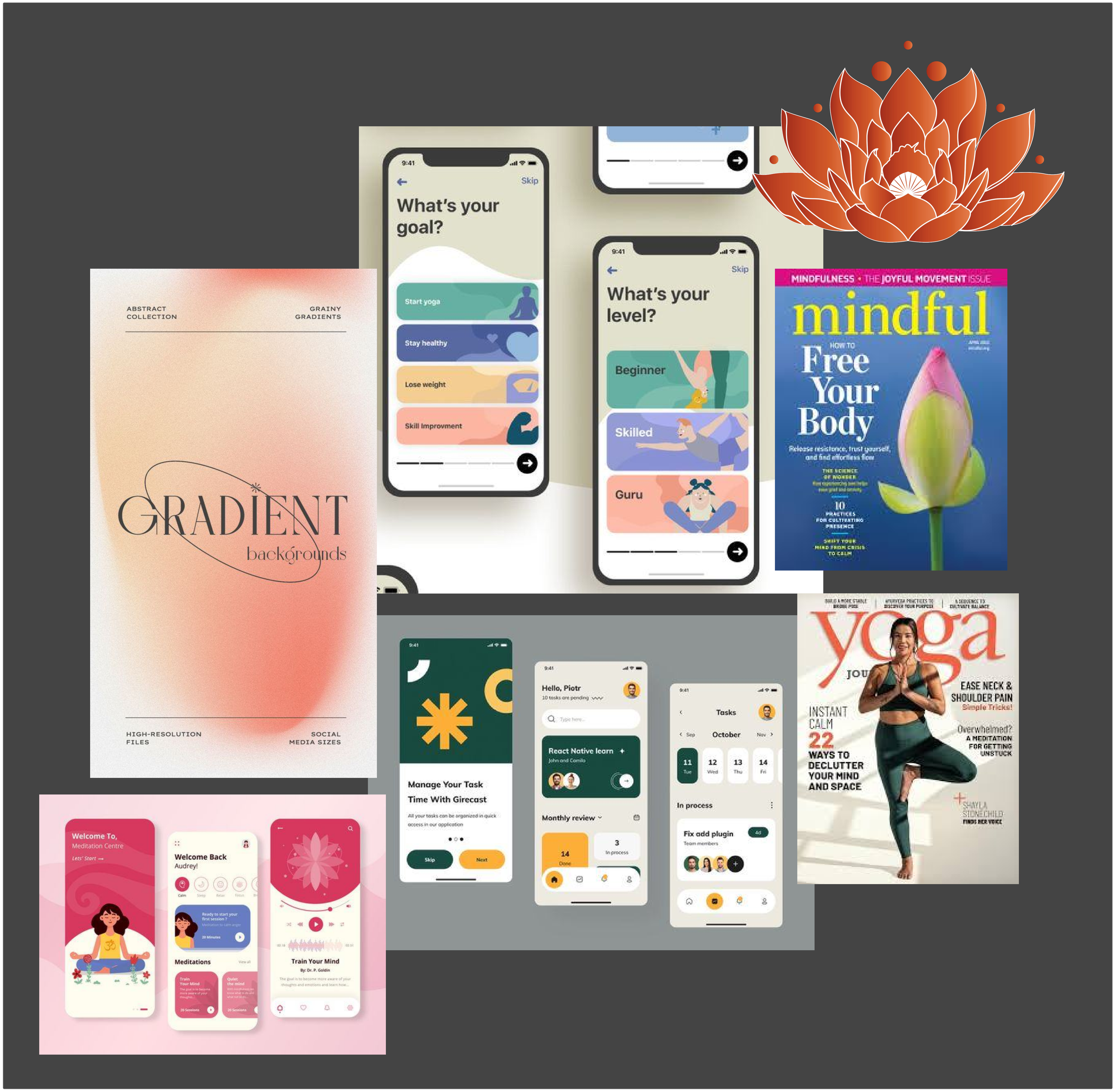
2 Hold your breath for 5 seconds

3 Exhale for 5 seconds

4 Hold your breath for 5 seconds

5 Relax your breath; breathe normally for 5 seconds

more design explorations before finalized hi-fi



Final !

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Breathe the 555

Learn the 555

About Dr.Row

[Animation Stand-In]

Inhale

Repetition 1/5

Breathe the 555 Method

About Dr.Row

Rowena D. Pingul-Ravano, MD, FAAFP (Dr. Row) is board certified by the American Board of Family Medicine and is a Fellow of the American Academy of Family Practice. She currently serves as the Chief of Family Medicine at UPMC Magee Women's Hospital and is an Assistant Professor at the University of Pittsburgh.

Originally from the Philippines and raised in Southern California, she is a

Instructions

1. Inhale for 5 seconds
2. Hold your breath for 5 seconds
3. Exhale for 5 seconds
4. Hold your breath for 5 seconds
5. Relax your breath; breathe normally

Repeat 5x, or until calm.

[Animation Stand-In]

Inhale

Repetition 1/5

Breathe the 555 Method

Dr. Rowena Pingul-Ravano

Dr. Rowena Pingul-Ravano

Dr. Rowena Pingul-Ravano

Dr. Row's 555 Breathing Technique

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Originally from the Philippines and raised in Southern California, she is a graduate of the University of Southern California and received her medical training at the University of the East.

Does she practice the 555 on her own time?

Yes! Dr. Row loves the 555 and uses it within both the personal and professional spheres of her life. Dr.Row believes in healing mental repair and recovery of the self & finding sustainable ways to relax and find peace. Meditative breathing is a well-loved aspect of Dr. Row's work and wants to encourage everyone, no matter what, to find ways to re-center during moments of stress.

Dr. Row created the 555 Breathing Technique during the COVID-19 pandemic after completing the Yale University 'Happiness Course', "The Science of Well-being," by Dr. Laurie Santos. Dr. Row is a firm believer in meditation, healing, and seeking optimism, wellness, and gratitude in all areas of life.