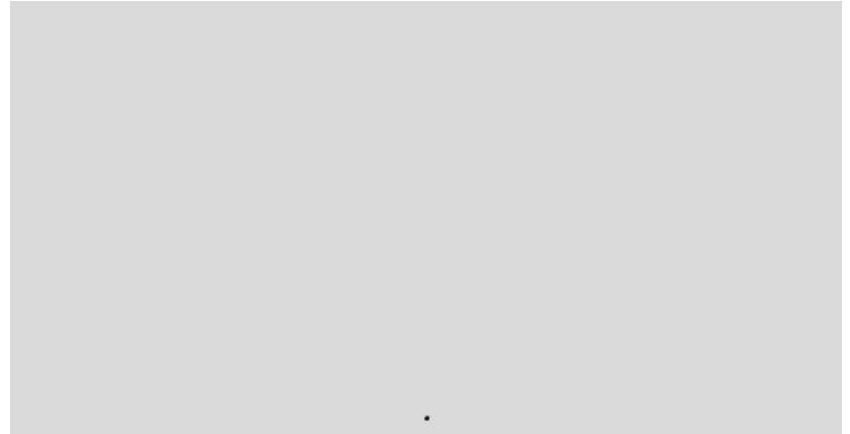
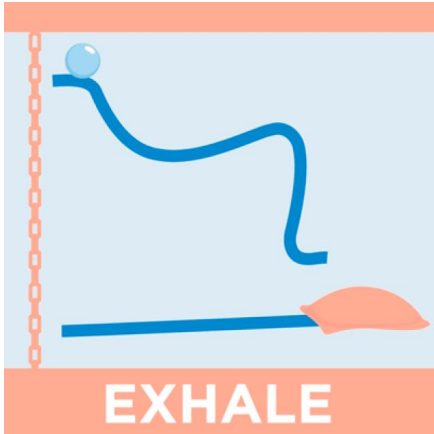




# Breathely

An app that provides a meditative escape, especially for those facing stress and anxiety, through audio and visuals.

# Comparative Research



# Audience Research



Mia, 25 years old, city

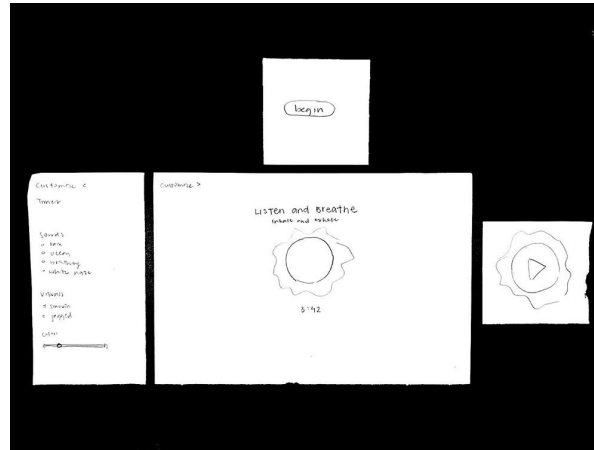
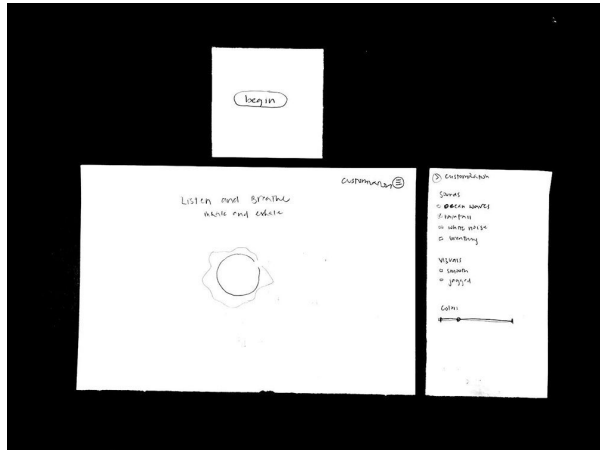
## Motivations:

- Find ways to meditate without having to escape somewhere far
- Use small breaks in her day to her advantage

## Frustrations:

- There is too little time in the day to meditate
- There aren't many platforms that encourage an immersive kind of meditation

# Paper Prototype



## Design

- Begin > Breathing ball > Customization

## Testing Feedback

- "play" and "pause" button
- "customize" panel not noticeable
- duration of meditation
- Make this mobile => portable

# Testing and Feedback

