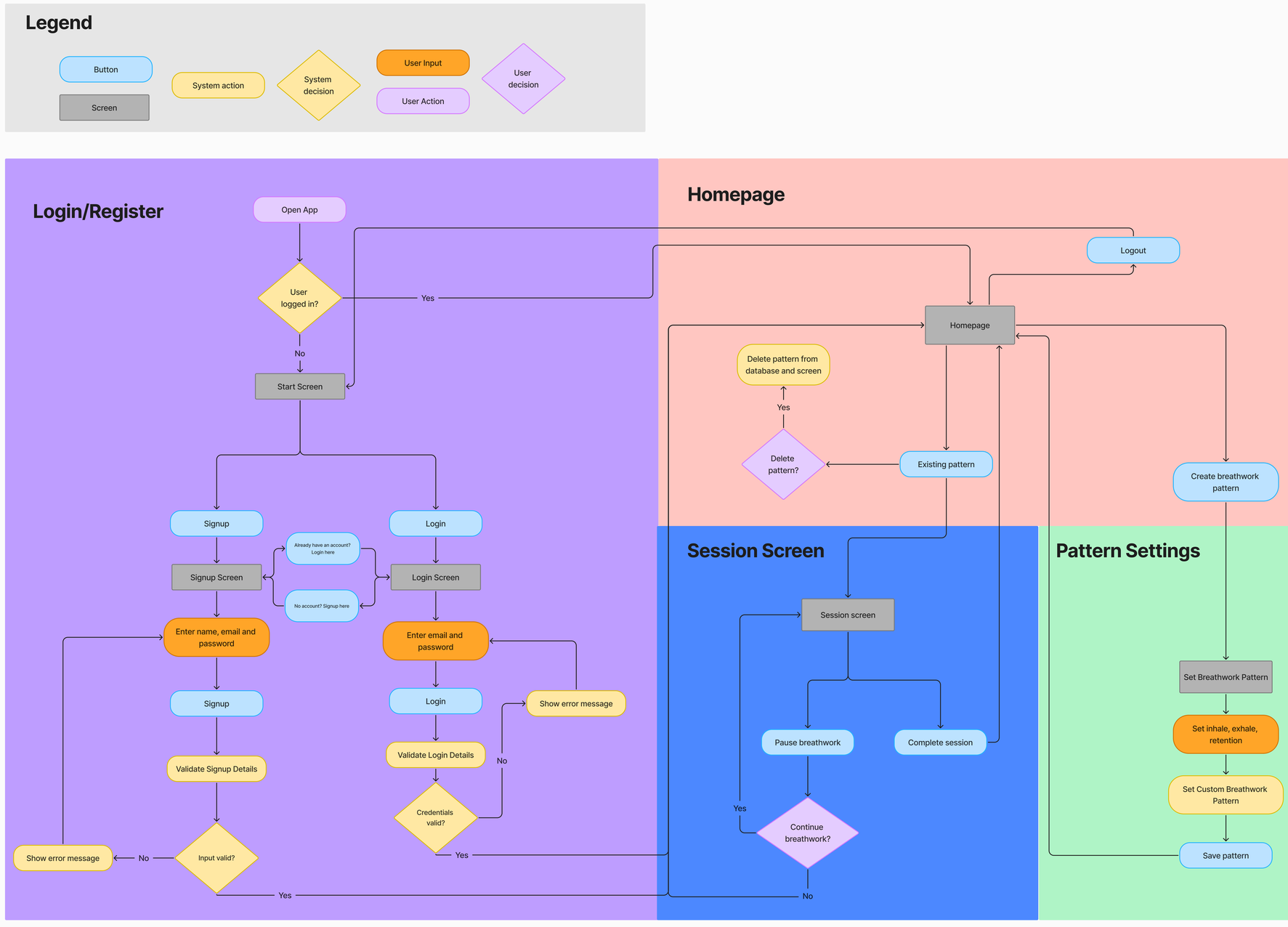
1.2 User Flow & Screen Navigation



Login/Register:

- user opens the app
- if the user already has an account and is logged in they will see the homepage
- if the user is not logged in they can either log in or register a new account

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Homepage:

- on the homepage the user will have their saved breathwork patterns
- if user doesn't have saved breathwork they can create their own pattern
- they can long-press on a breathwork pattern to delete
- logout

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Pattern settings:

- this allows users to set their own breathwork pattern
- they can set custom durations for inhale, pause after inhale, exhale, pause after exhale and a specific amount of breath cycles
- once they save their pattern it is shown on the homepage

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Session screen:

- once the user has chosen a breathwork pattern the session starts
- the session will be represented by an animation
- the user can pause the session and then resume
- or complete the session early

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