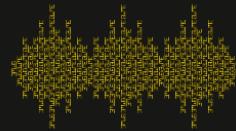


9:41



9:41



# Welcome to Breathe With Me!

Discover Mindfulness and Inner Peace Embark on a journey to reduce stress, increase focus, and live more mindfully.



9:41



# Guided Meditation!

Start your journey with beginner-friendly guided meditation.



9:41



# Sleep Programs!

Programs to help you fall asleep and stay rested.



9:41



# Progress Tracker!

Track your progress, see your growth, and set new goals.



9:41



## Set Goals!

Create specific goals for meditation and sleep improvement.



9:41



# Sign In

Welcome back



Email



Password



[Forgot Password?](#)

**Sign In**

Or



[Sign In with Google](#)



[Sign In with Apple](#)

By sign in, I accept the [Terms of Service](#) and [Community Guidelines](#) and have read [Privacy Policy](#).



# Create an account



Your name



Email



Password



**Sign Up**

Or



**Sign Up with Google**



**Sign Up with Apple**

By sign up, I accept the [Terms of Service](#) and [Community Guidelines](#) and have read [Privacy Policy](#).

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Welcome Back,  
**James Anderson**



*"Start your meditation journey with  
guided session."*

## Features



### Meditation Program

Explore beginner to expert  
program



### Sleep Program

Relax and sleep  
better



### Track Progress

See your meditation results  
and growth.



### Set Goals

Create and track  
meditation milestones.

**Start Now**



Home



Library



Tracker



Sleep



Profile



# Meditations Library



## Meditation Program

Explore beginner to expert program



## Guided Meditations

Find beginner friendly guided sessions



## Sleep Meditations

Focus on sleep and relaxation.



## Mindfulness

Achieve focus and mental clarity.



## Focus and Clarity

Sharpen your concentration.

**Explore All**



Home



Library



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# Sleep Program



## Sleep Programs

Find the perfect program to help you relax and sleep better.



### Deep Sleep Mediation

Relax and let go to for a peaceful night.



### Dreamer's Journey

Guided sleep session to improve REM cycle.



### Sleep Cycle Assistant

Program to optimize your sleep patterns.

## Start Sleep Program



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## Course

# Mindfulness

How to Practice Mindfulness,  
Meditation, and Breathing Techniques



By Erica Showdown



### Meditations Library

## Mindfulness for Beginners

A calming course to help you get started with mindfulness.



**Jeremy Mamika**

Instructor : Jane Doe

★ 4.6



Duration

10 Session



Beginner

Level



Next Session

10 October, 2024 10:00 am

### Reviews

See all



**Jhone Kenoady**

23 Oct 2024

★★★★★

Amet minim mollit non deserunt ullamco est sit aliqua dolor do amet sint. Velit officia consequat duis enim velit mollit.

Start Course



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Sleep



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# Progress Tracker

Track your meditation and sleep journey.

## Daily Meditation Streak

You have meditated for 7 consecutive days.



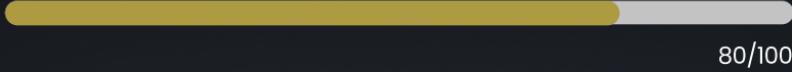
## Meditation Time

Total time spent meditating: 15 hrs, 30 min



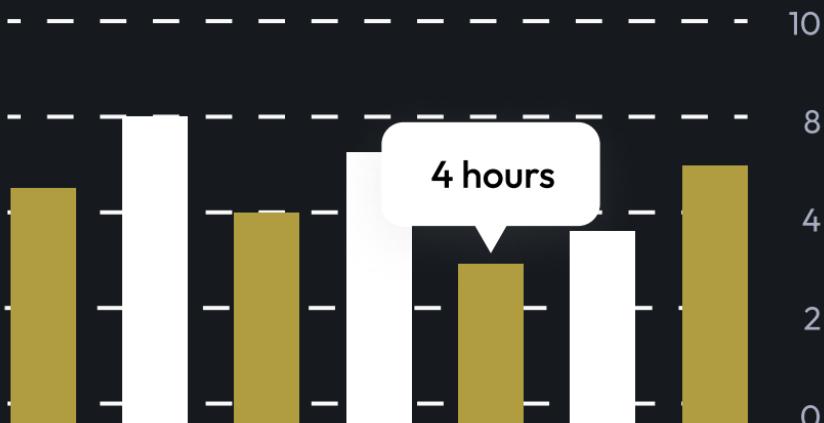
## Goal Achievement

You have completed 80% of your mindfulness goal for the week.



## Sleep Progress

Today ▾



Sun

Mon

Tue

Wed

Thu

Fri

Sat



Home



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Tracker



Sleep

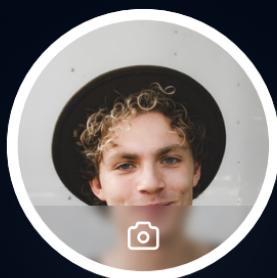


Profile

9:41



## Edit Profile



Full name



Rose Merry

Email Address



rosemerry |

Password

Change



• • • • • •



Save Changes



Home



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Goals



Profile

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## Settings

### Preference

- Push notifications >
- Email updates >
- Language English >
- Dark Mode

### Account Setting

- Personal Information >



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## Select Language



Search language...



English (USA)



English (GBR)



France (FR)



Spain (ES)



Italy (IT)



Greece (GR)



Singapore (SG)



Netherlands (NL)



India (IN)



Home



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Tracker



Goals



Profile

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## Security & Privacy

Notification



Logout all Devices



Sleep Mode



Subscription



Device Management



Home



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## Subscription

# Be Premium Get Unlimited Access

Enjoy Workout Access Without Ads And  
Restrictions



Free

\$19.00

Limited access to meditation programs and  
features.



Premium Plan

\$9.99

Lorem Ipsum is simply dummy text of the  
printing and typesetting industry. Lorem Ipsum  
has been the industry's standard dummy text



Pro Plan

\$119.00

Everything in Premium + exclusive content,  
priority support.

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