



BreathitAway

Be Stress Free



introduction

This is our website whose name is BreathitAway whose main moto is to release stress in our daily life. Here, we provide different types of therapies like Reading Therapy, Audio Therapy, Laughing Therapy and many more. After use of our Therapies you will feel relaxed.



Meet Our Team Members



Aman Mishra



Shubham Kumar

OUR SERVICES

- **Reading Therapy:-** Here , We suggest different type of Books , Articles and Quotes . So, Choose them according to your choice to feel relaxed. Reading helps your ability to empathize.
- **Audio Therapy:-** In this section, we have many Nature sounds , Peaceful Guitar Sounds , Audio Books and Some Podcasts. Audio Therapy helps to reduce stress by replenishing brain energy with high frequency sound.
- **Laughing Therapy:-** It's the most interesting and one of best therapy for relaxing your mood. And , It's our best session . Here we provide many memes , stand ups and many more.
- **Yoga Therapy:-** Yoga improves Immunity and helps to relax your mind after doing Meditation . Here , we have many Yoga Positions of best yoga trainers.



Thank You

BreathitAway

<https://breathitaway.herokuapp.com>