

Breathify



loading...

Choose your language:



English



DE



IT



ES



FR



RU



TR

CONTINUE

9:41



Breathify setup



Switch on to talk to me

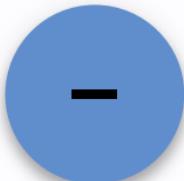
Voice assistant



Breathify setup

Better Reading

To enlarge text click on the plus until it looks good

 -

This is a
sample
text with
the
smallest
size to
test
readibil

 +

Breathify setup

Choose your preferred
Color mode

Light mode

Dark mode

System default

9:41



Breathify setup

User account

SIGN UP WITH GOOGLE

or

SIGN UP WITH EMAIL

Already have an account?

Login

9:41



Breathify setup

Which user name
would you like to use?

Brad

Breathify setup

Goals

✓ ANTI-STRESS

✓ FOCUS

✓ RELAX

✓ EMOTIONAL HEALTH

✓ RESPIRATION

✓ SLEEP

✓ GENERAL WELL-BEING

✓ ENERGY LEVEL

Breathify setup

How often do you want the exercise?

daily

weekly times

work days

weekends

MON TUE WED THU FRI SAT SUN



Mornings



Mornings



Mornings

Breathometer

Breathify setup

measure your
breathing
rhythm to
open the
exercise

Inhale

Press SPACE while you inhale
Release while exhaling
Keep repeating
3x

9:41



Breathometer

Breathify setup

WELLDONE

Your current breathing rate is
XX-XX-XX

Adopt as setting for my exercises



Exercise

Congratulations

Everything is
set up

A free 20min
BOOK NOW

consultation is
or
available for
START EXERCISING

you.
You can still
book later

9:41



Tutorial



Exercise

Relax



Focus



Energize



Better sleep



9:41



Tutorial



Exercise

Press to start

0min 10sec

2min

5 cycles

5-2-5 rh

Inhale

5s

Hold

5s

Exhale

5s

Hold

5s

Personal breathing pace



Harp ▾



Voice guide



Vibration



9:41



Tutorial



Exercise

Inhale

0min 10sec

2min

Cycle 1 of 5

Tap to pause



< Exercise

Done!

You've
completed

SCHEDULE CONSULTATION

or

exercise. Did it

work well on?
Ready to on?

can we help
SET UP PLAN

you?

9:41



Exercise

How can we help you?

First time consultation

20min

Free



Get started with professional help



TODAY

26.09.

27.09.



9:30



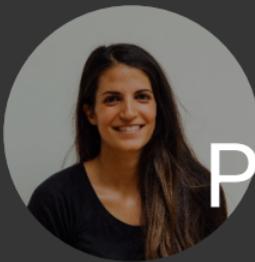
11:30



9:41



Exercise



Amelie

Psychotherapist
London, UK



mindf resili perfor

ulness ence mance
First time consulting

5 October 2020 80 min CE80 Free

CHANGE

BOOK NOW

9:41



Exercise

Confirmed

First time consulting



with Amelie

25 October 2:30 pm
2023

[SHOW IN CALENDAR](#)

9:41



Breathify setup

Switch on to talk to me

Voice assistant



You can now speak with me

Breathify setup

Better Reading

To enlarge text click on the plus until it looks good

This is a
sample text
with the
smallest size to
test readability

-

+



Exercise

Warning