

Breathwork for sleep

Wim Hof Method

breathwork for mental health specialized:

- stress
- depression
- anxiety

Compatibility with stylus pens

Screen reader compatibility

Large buttons and tap targets

enlarging text

onboarding assistant with guide through the app

online exercises

zoom

breathwork exercises

audio

Simple gestures

dark mode

color mode

Volume control

Black & white

voice command

unguided exerice

high contrast

Subtitles

Must have

timers

help mode: like first time use assistant for cognitive issues (always show when using the app or easy switch on/off)

exercising alone with video

goal setting

exercises according to experience level

meditation exercises

tracking

self-guidance only for very simple ones or for the experienced

online forms for booking

check conditions on onboarding

Should have

morning question "How do you feel" → matching exercise or skip till later (reminder / snooze)

progress sharing

gamification / competition

Breathwork at work

as meeting opener (quick session)

lunch time over speaker

morning ritual while pc is loading (screen saver reminder)

Live course in person

15% also use the contact form

20% make a phone call

10% write an email

playful, fun, gamified approach doesn't spark particular interest

relaxing music

group sessions

yellow or gray (white&black)

outdoor sessions

community features

forum for exchange

Breathwork for pain management

illustrations

voice guidance only

Could have

individual exercise

text guidance

measurement of vitals has little interest

socializing before/ after class (breakfast, tea, other activity)

Breathwork for spiritual development:

smart watch alerts and suggests an exercise every time some conditions applies

after school / work

pain level

anxiety

(EEG) real-time vitals messuring

Breathwork for physical performance: Breathwork can help to improve athletic performance and recovery

send invitations for online sessions

"online dating" join a group session in a "chat" room

high stress level

sleep time to calm down

while commuting

lunch break exercise (work or school)

Won't have