

Mindful Breathing Guide

Your breath is always with you. A doorway to presence, available in any moment.

Choose a pattern below

Begin

Reset

0

Breaths

0:00

Time

—

Pattern

Choose Your Breath Pattern



Box Breathing

4-4-4-4

Balance & Focus



Calming Breath

4-7-8

Activates Parasympathetic



Coherent Breathing

5-5

Heart Rate Variability



Energizing Breath

4-4-4

Alertness & Vitality



Triangle Breath

4-4-6

Gentle Regulation



Natural Pace

Your rhythm

Simply observe

Your Breath, Your Authority

These patterns are tools, not rules. Your body knows what it needs. If any pattern feels uncomfortable, return to your natural breath. Trust your wisdom.

Breathing isn't performance. There's no "doing it right." There's only presence with what is.

No data stored beyond this session. No tracking. Just you and your breath, here now.