

Moksha



WELCOME TO MOKSHA

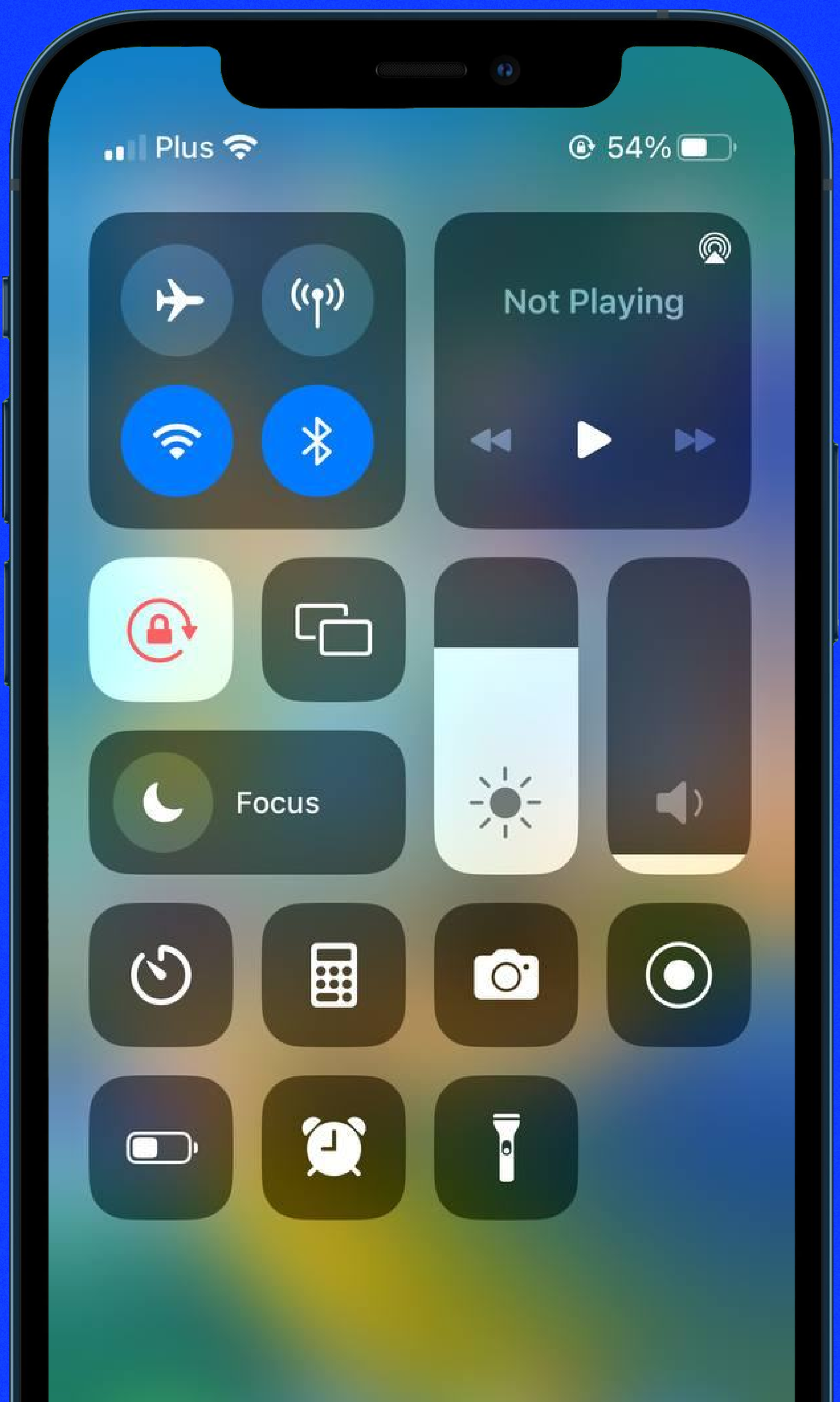


To connect to the mobile
app, follow steps 1-3.

01

TURN ON BLUETOOTH SETTING

Connect to Wi-Fi and turn on your bluetooth.





OPEN THE MOKSHA APP

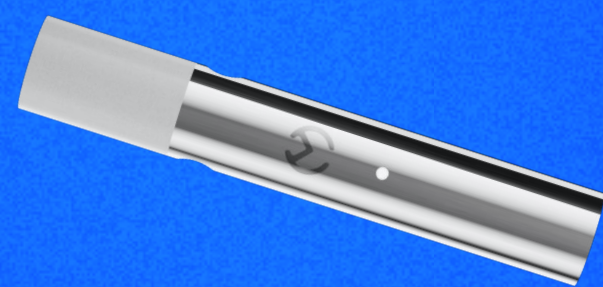
Scan the QR code below
to download the iOS app, open
the app, and sign up as new user.





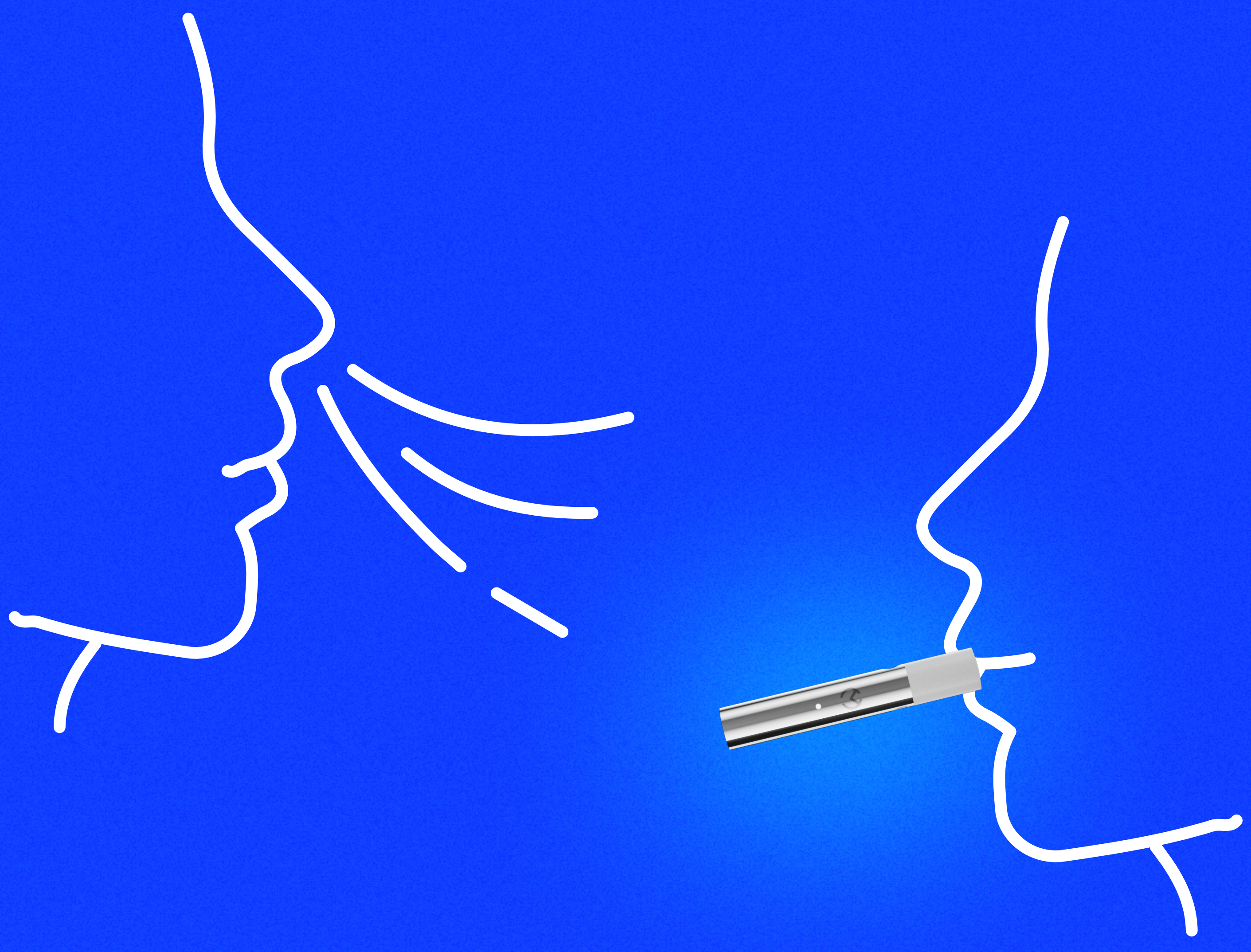
CONNECT MOKSHA

Hold Moksha near unlocked
phone and follow onscreen
instructions



HOW IT WORKS

- Explore hundreds of interactive exercises and games in the Moksha app
- Instructions are provided onscreen
- Moksha will slow down your exhale, triggering your vagus nerve
- The air pressure sensor verifies proper breathwork technique is being used
- Collect points for your breathing and unlock cool rewards



APP-LESS BREATHING

- ① Close out of Moksha App
- ② Inhale through your nose
- ③ Exhale through Moksha until you feel a haptic
- ④ Repeat until you feel calmer or as needed
- ⑤ Open app, receive 2x points

