

Model: PR7500

User Manual

Support email: [support@prana.co](mailto:support@prana.co)

## Introduction

Thank you for your purchase of Prana! Our mission is to help you harness breathing as a powerful resource to enhance your wellbeing. Let's face it: breathing exercises can be boring and hard to stick to. Our goal is to make breathwork engaging and fun so that you can reap the benefits over the long term.

## How We Breathe

How we breathe can have a profound impact on our physiological and mental states. In most calming, mindfulness, and meditation practices today, breath control plays a central role. Numerous studies have demonstrated that specific patterns of breathing can rapidly trigger a parasympathetic nervous system response (also known as the relaxation response, opposite of fight or flight) for many benefits including:

- Reducing stress and anxiety
- Improving insomnia
- Lowering blood pressure
- Helping to maximize HRV (heart rate variability)
- Elevating mood, feeling peaceful
- Relaxing muscles
- Increasing mental focus

While you can choose from many different breathing techniques and exercises today (such as the 4-7-8 pattern, belly breathing, or extending exhalations), it can be confusing knowing which one to select, and it's not always clear if you're doing it correctly. Another big practical challenge is consistently applying such techniques over the long term. For all of the above, this is where the Prana wearable comes in.

## The Prana Wearable and App

We developed our device and app to help you train using a comprehensive range of breathing techniques, while providing real-time sensor-based feedback so that you know you're breathing the right way and feel more engaged. You can feel benefits from sessions as short as just several minutes.

While stress reduction is a top application of our system, we offer a growing collection of breathing exercises to choose from, such as for sleep, focus, mindfulness, and even HRV, allowing you to discover and benefit from various forms of breathing. Our 14 Day Training program is great for beginner pulmonauts to gradually slow breathing and reduce stress in short concentrated sessions. Our Custom Training gives you full access to all our breathwork patterns, and even allows you to customize your own. In these ways, you can use our system to cultivate better breathing habits for long term benefits, or as a powerful tool for rapid relief such as during an anxiety episode.

Prana can also specifically train and track diaphragmatic breathing (breathing from your belly), allowing you to use more of your lung capacity with every breath to deliver more oxygen to the bloodstream. For many people today, stress has caused the source of breathing to shift upwards, with chest or accessory muscles being used to shallowly inflate the lungs. Prana helps to retrain this bad habit.

## Posture Connection

A strong connection between posture and breathing has been emphasized by numerous traditions for thousands of years, including Yoga Pranayama. The basic idea is that good posture facilitates good breathing by improving the mobility of your diaphragm. This idea is now supported by a number of recent studies and research. This is why the Prana wearable can also simultaneously track your posture during your breath training sessions. Prana can separately train both your upper and lower back posture, offering a more complete positive impact on your overall posture, while seated or standing.

## Two Ways to Train: Gamified and Buzzer

Gamified Visual Training provides a fun interactive way to train your breathing. Your inhalations and exhalations control the movement of a bird character through a visualized breathing pattern. Different background environments set you on your breathing journey.

Buzzer Training allows you to close your eyes and be guided to breathe with a gentle buzzer, signaling when to inhale and exhale. It's great for meditation and mindfulness practices.

In both cases, our system can immediately detect and warn you if you're not breathing according to the specific pattern, or maintaining upright posture.

## Tracking

In addition to our primary training modes, our app and device can also track your breathing and posture in the background as you work, alerting you to stressed breathing or slouching posture to improve upon.

## Design

Prana is built around a unique patented form factor utilizing a novel retractable belt design with advanced sensors and algorithms to accurately track your real-time breathing and posture. This allows our device to be easily and flexibly worn on multiple locations on the trunk of your body for more complete breath and posture training, independent of clothing type, while maintaining a compact size.

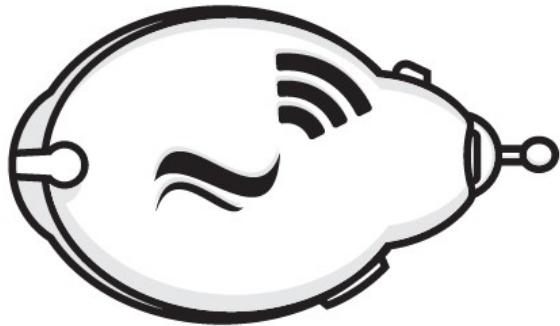
## Body Measurements

As a bonus feature, Prana's unique retractable design allows it to track 14 body measurements. If you are interested in weight loss, fitness training, or body building, this is a great way to chart your progress. In particular, by tracking your waist size, Prana goes beyond what a simple weight scale can accomplish. Excessive waist size has been associated with significant medical issues such as metabolic syndrome, so tracking this over time can be a helpful adjunct to your wellness goals. The Prana retractable belt can measure up to 58 inches (147.32 cm).

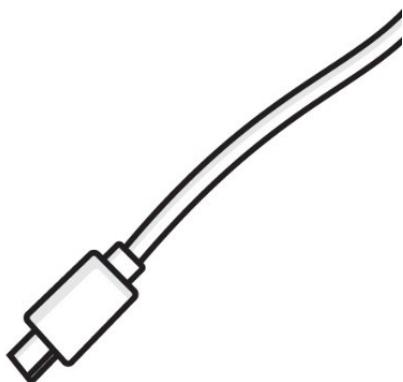
## What's in the box?

Following items are included:

1. Prana device



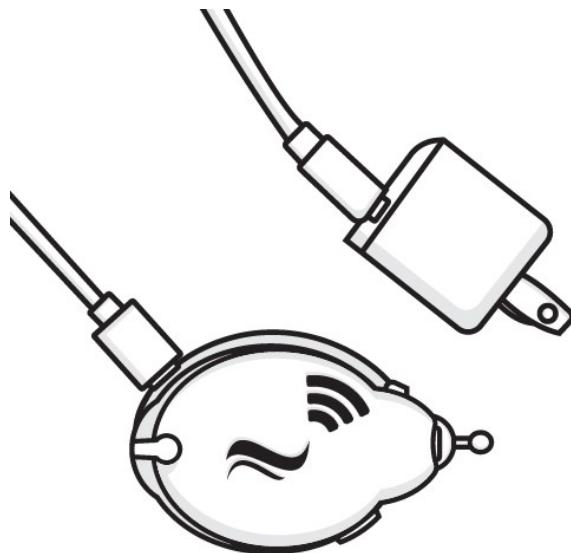
2. Micro USB charging cable



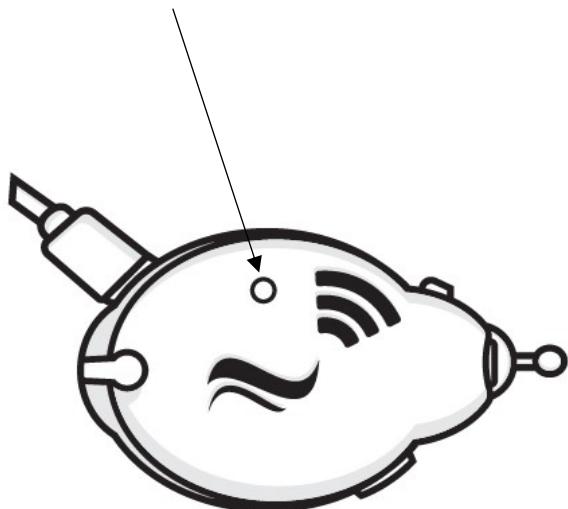
## Getting Started:

### Charge Prana

1. Plug the micro USB cable into the port located on the side of Prana, and plug the other end into any standard USB charger, and then into a power outlet.

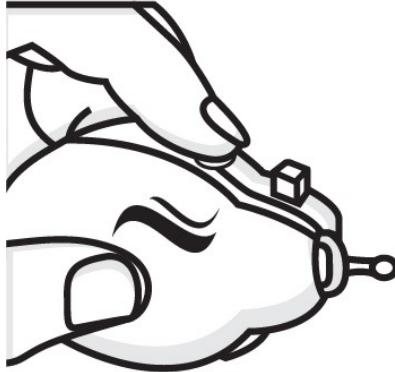
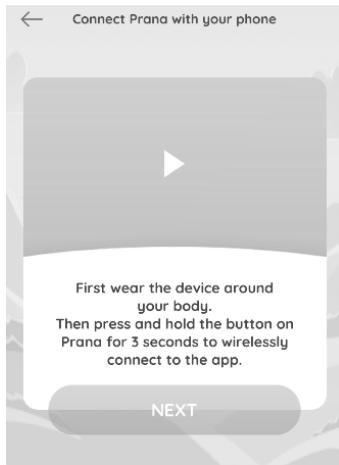


2. When the status LED light turns from red to green on Prana, the rechargeable battery is fully charged.

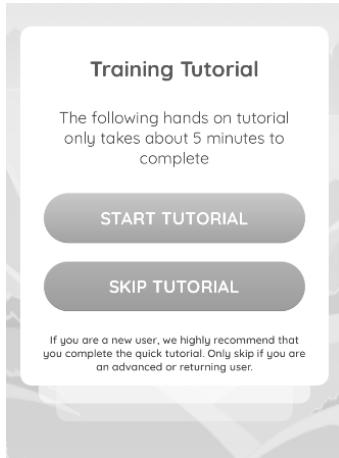


## Installing and Connecting to the App

1. First install our mobile app from the Appstore, currently available only on iOS for iPhone. Just search for “Prana Tech” on the Appstore to find our app. Prana is not a standalone device, and is meant to be used with our app during both training and tracking modes.
2. Just follow the instructions in the app to sign up. The app requires a network connection on your phone to complete the signup (either WIFI or cellular data).
3. When you reach this screen, press and hold the button on Prana for 3 seconds to connect the device to the app. Make sure that Bluetooth is ON in the Settings on your iPhone to allow Bluetooth communication.



4. Once connected, follow our in-app tutorial (takes about 5 minutes) to understand how to wear the device, and to experience a fully functional interactive demo of our Visual Training and Buzzer Training modes for guiding your breathing and posture.



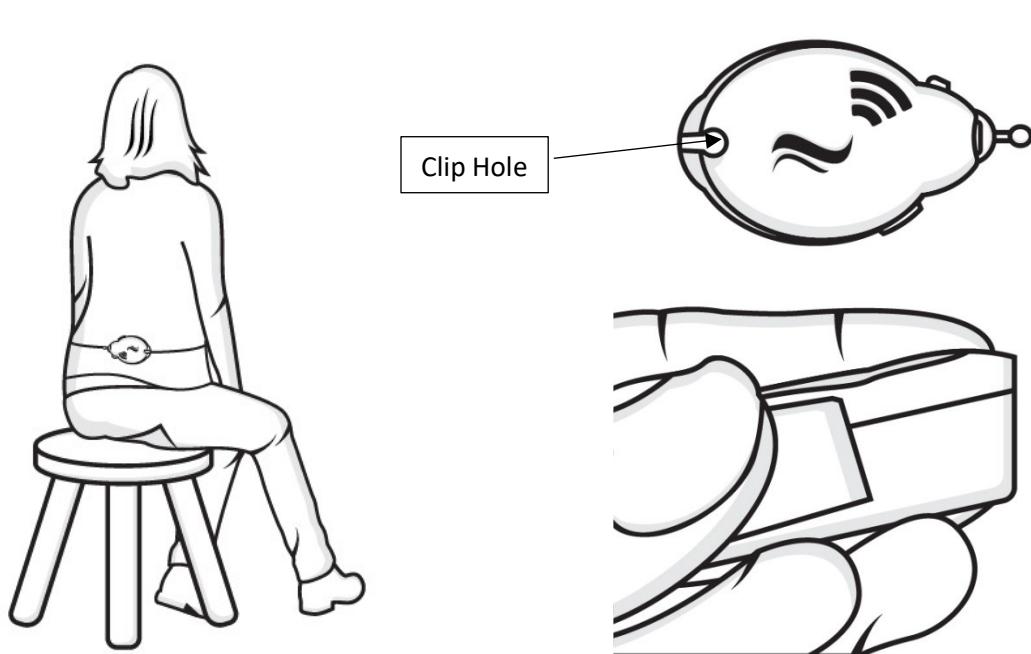
## Wearing Prana

We recommend completing our in-app tutorial, but also explain how to wear the device here. There are three different locations on your body you can wear Prana for training/tracking/guiding your breathing and posture, depending on your body position and goals. Once you are properly wearing the device, you can start a training or tracking session in the app.

### Location 1: Lower Back (while sitting)

Train yourself to breathe diaphragmatically using a variety of breathing exercises, while also maintaining upright posture at your lower back. Use while sitting. You can train/track breathing together with posture, breathing only, or posture only in this position.

In order to wear this way, start by holding Prana with both hands in front of your belly with the clip hole facing away from you. Then pull the clip/belt out with one hand while simultaneously moving the device with the other hand around your body towards your lower back so that the clip and device meet at the center of your lower back (app video shows this). Then insert the clip into the clip hole so it locks in the position shown (make sure the clip hole is facing away from your lower back). Try to avoid twisting the belt. To enhance the sensitivity of breath detection, you can optionally engage the slider to lock the belt in this position. The belt should be reasonably tight around your body to help ensure a good breathing signal.



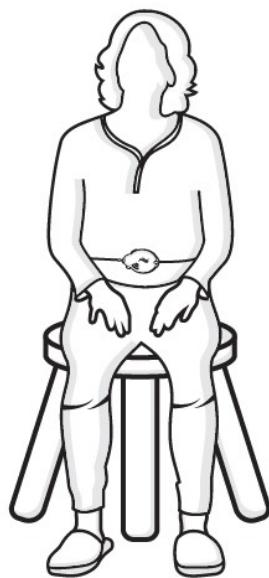
Prana worn on lower back to train/track diaphragmatic breathing and lower back posture

When Prana is deployed around the body, you can optionally engage the slider to lock the belt to enhance sensitivity of breathing detection.

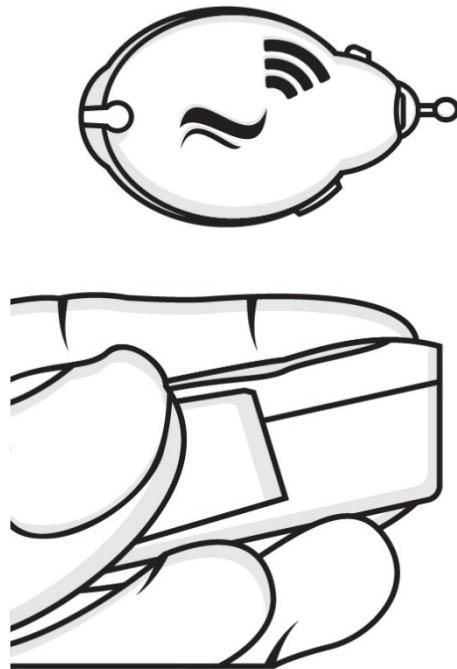
## Location 2: Belly (while sitting or lying down)

Train yourself to breathe diaphragmatically using a variety of breathing exercises. Use this location when you're not intending to simultaneously train posture. Use while sitting or lying down.

In order to wear this way, start by holding Prana with both hands behind your lower back with the clip hole facing away from you. Then pull the clip/belt out with one hand while simultaneously moving the device with the other hand around your body towards your belly so that the clip and device meet at the belly (app video shows this). Then insert the clip into the clip hole so it locks in the position shown (make sure the clip hole is facing away from your belly). Try to avoid twisting the belt. In order to enhance the sensitivity of breath detection, you can optionally engage the slider to lock the belt in this position. The belt should be reasonably tight around your body to help ensure a good breathing signal.



Prana worn on the belly to train diaphragmatic breathing without posture training



When Prana is deployed around the body, you can optionally engage the slider to lock the belt to enhance sensitivity of breathing detection.

## Location 3: Upper Chest (while sitting or standing)

Train yourself to breathe using a variety of breathing exercises while maintaining upright posture at your upper back. Use while sitting or standing. You can train/track breathing together with posture, breathing only, or posture only in this position.

In order to wear this way, start by holding Prana with both hands behind your mid back with the clip hole facing away from you. Then pull the clip/belt out with one hand while simultaneously moving the device with the other hand around your body towards your chest so that the clip and device meet at your upper chest level (app video shows this). Try to avoid twisting the belt. Then insert the clip into the clip hole so it locks in the shown position (make sure the clip hole is facing away from your chest). Try to keep the device against the flat upper part of your chest to keep it more stable. You may need to move the device and belt up a bit after deploying to reach this position. In order to enhance the sensitivity of breath detection, you can optionally engage the slider to lock the belt in this position. The belt should be reasonably tight around your body to help ensure a good breathing signal.



Prana worn on the upper chest to train breathing and upper back posture while sitting



Prana worn on the upper chest to train breathing and upper back posture while standing

## Removing Prana from your body

While holding the device with one hand, carefully pull the clip out of the clip hole and continue holding it while slowly retracting it fully back into the un-retracted position. If the slider has been engaged to lock the belt, first disengage it by sliding to the unlocked position. Please note that the belt and clip will automatically retract into the device housing at a rapid speed if released. Therefore be careful not to let go of the clip before the clip has returned to its starting position. Keep the belt away from any sharp objects to avoid damaging it.

## Body Measurements

In order to use Prana for body measurements, please watch our in-app videos which explain how to wear and lock the belt around all major body areas.

## Federal Communications Commission (FCC) Statements

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Caution: Any changes or modifications not expressly approved by the grantee of this device could void the user's authority to operate the device.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance.

## Compliance Statements for Canada

This device complies with Innovation, Science and Economic Development Canada's licence-exempt RSSs. Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme aux flux RSS exemptés de licence d'Innovation, Science et Développement économique Canada. L'opération est soumise aux deux conditions suivantes:

- (1) Cet appareil ne doit pas provoquer d'interférence; et
- (2) Cet appareil doit accepter toute interférence, y compris les interférences susceptibles de provoquer un fonctionnement indésirable de l'appareil.

## ISEDC Radiation Exposure Statement

This equipment complies with the IC RSS-102 radiation exposure limits set forth for an uncontrolled environment.

Énoncé d'exposition aux rayonnements: Cet équipement est conforme aux limites d'exposition aux rayonnements ioniques RSS-102 Pour un environnement incontrôlé.

## Prana Tech LLC

Model: PR7500

FCC ID: 2A3K3PRANA

IC: 27893-PRANA

U.S. Patent 11,850,172. Additional patents pending

Made in Malaysia



Visit [www.prana.co](http://www.prana.co)

Questions? Contact [support@prana.co](mailto:support@prana.co)