Moksha

WELCOME TO MOKSHA

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

TURN ON BLUETOOTH SETTING

Connect to Wi-Fi and turn on your bluetooth.

Plus

Not Playing

54%

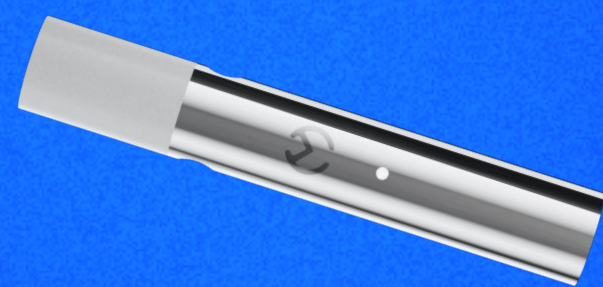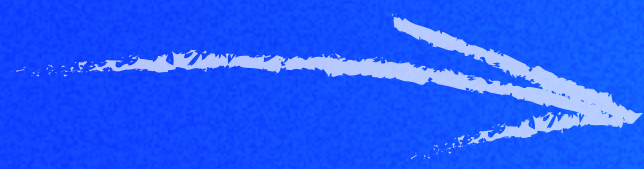Focus

02

OPEN THE MOKSHA APP

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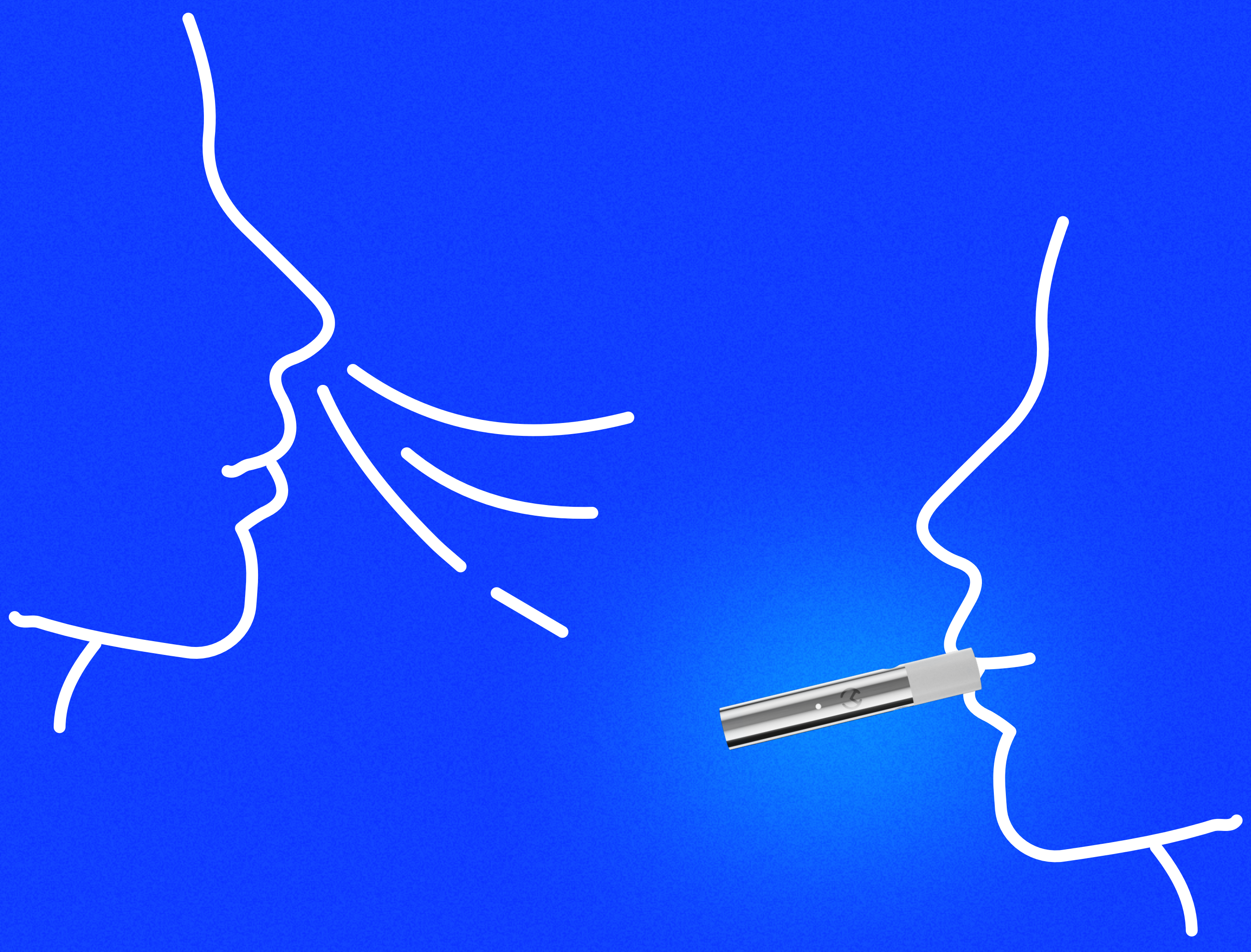
03 CONNECT MOKSHA

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