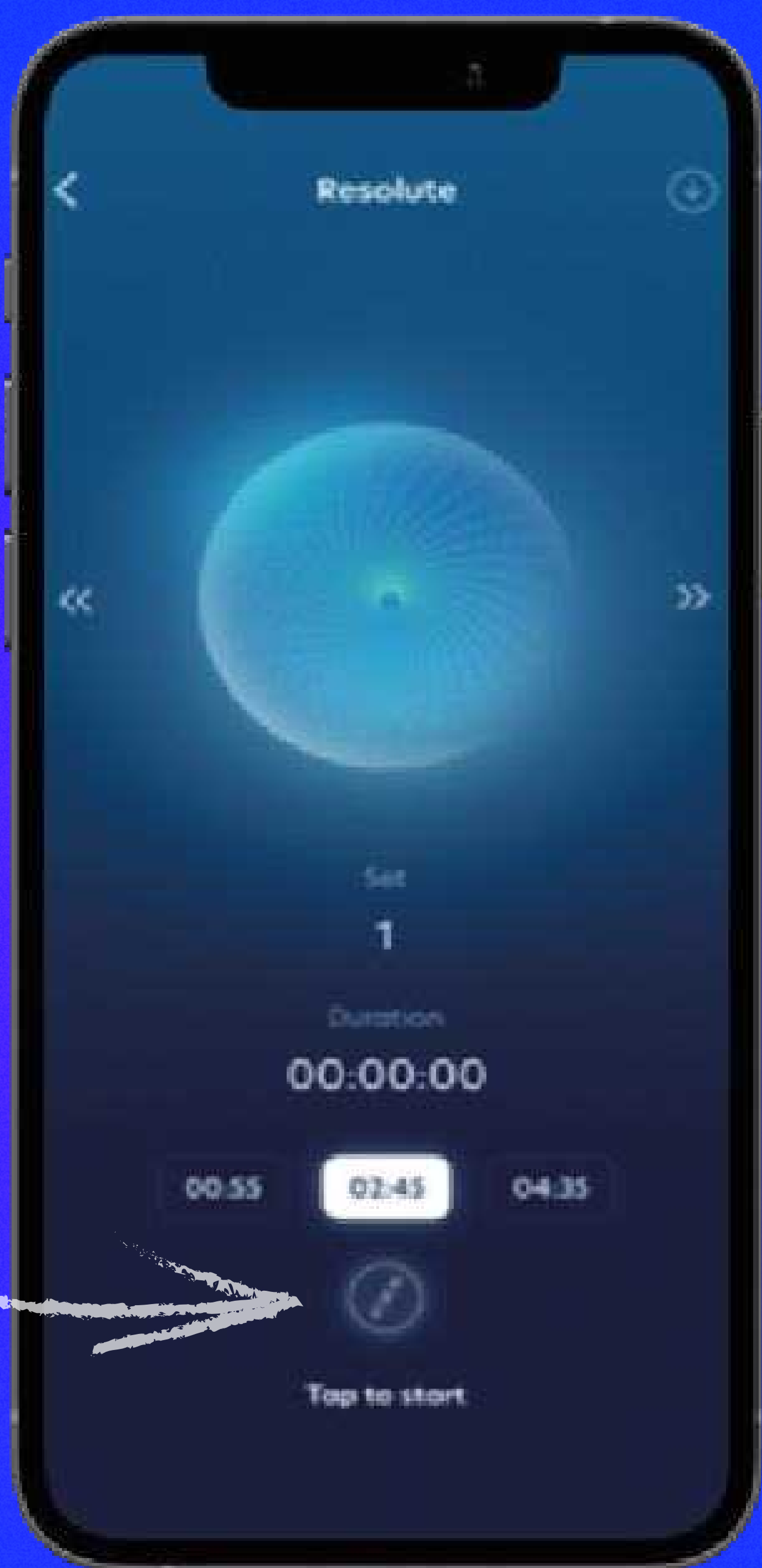


# GUIDED APP BREATHING EXERCISES

When the color changes, exhale through Moksha. The exercises are timed for the following categories: sleep, energy, morning, calm, and recovery.





# CHARGING MOKSHA

Moksha charges while placed in the case. The case can be charged via any USB-C cable or the cable included with your purchase.

