

IBF Breathing App

Conscious Connected Breathing for Wellbeing

We are thrilled to announce the birth of our IBF Breathing App for mobile phones!

Download it now and discover the best phone app ever created for conscious breathing!

Available now for **iPhones** on the **Apple Store** and for **Androids** on the **Google Play Store**. The name of the app is **IBF Breathing App**.



We have been working on the production of this app for many months now, and thanks to the determined and sustained efforts of Mario Domig (sound design, app realization and IT management), it is now published!

Please download your very own free iPhone or Android version and test it for yourself! Once you have tested it, please return to the website you downloaded it from and give it 5 stars and an impressive review!

Please help the IBF to spread the word about the benefits of conscious breathing by actively supporting this app and getting it out far and wide into the world!

Send this information to your friends, colleagues and professional organisation affiliates.

How the app works:

The IBF Breathing App is suitable for beginners, intermediate and advanced users. Three Preset breathing rates are available - **Relaxing, Energizing** and **Balancing**.

Additionally, adjustable breathing rhythms (from 2 to 15 seconds) help you to personalise each breathing session, according to your needs of the moment .

Several different background sounds can be synced to breathing sounds. This gives you the option of breathing to the rhythm of your choice with your eyes closed.

Conscious connected breathing sessions are available for any length of time from 2 to 45 minutes, so you can choose the perfect length to fit with your schedule.

Registered users can select and restore a session with exactly the same settings as before, and they can also track their own usage of the app.

Using this app for only 15 minutes each day helps to create a positive impact in the following areas of your life:

- Managing Stress
- Calming Anxiety
- Overcoming Fear
- Improving Sleep
- Developing Focus
- Raising Self-Esteem
- Increasing Vitality
- Transcending Trauma
- Cultivating Serenity
- Embracing Change
- Creating Happiness

To read the full USER'S GUIDE, go to →Resources → Support Manuals → IBF Breathing App User Guide:

This app was 100% funded by the IBF Development Fund. Donations to this fund are very welcome!

IBF Breathing App credits:

Conception & Design: Brigitte Martin Powell & Judee Gee

Production Management: Judee Gee

Sound Design: Mario Domig

App Realization and IT Management: Mario Domig

Programmer: Harish Kumar Development

With love from Judee Gee

Phone app production manager i.e. godmother/midwife



