

BiBi - Breathing Buddy



Giving your brain a true break

Controlled breathing is your shortcut to calming down a busy mind.

Breathing exercises can change the chemistry in the brain - calming down both body and soul.

BiBi is your Breathing Buddy and helps you remember how to breathe, when you need to calm down or focus.

It can follow you anywhere and help you just when you need it.



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Using BiBi

BiBi guides you with light and vibrations, so that all you have to do is to follow along.

The simple act of controlling your breathing will help you calm down, but research shows that some breathing patterns have a specific effect. Therefore BiBi has four programmes with variations to help you in different ways according to your needs. You can find your favourite one or just what you need the most in the moment.

No screen is involved and no data is collected or stored. This way, BiBi can be used freely and without many of today's interruptions.

BiBi is for anyone interested in utilizing their breath for a stable mind.



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The four exercises on BiBi

