

Noosphere Breath — an application for developing willpower and strengthening health through breathing practices

About the Project

The Noosphere Breath application was created by our team as part of the project of the same name, which is part of the global Noosphere Project initiative. We set ourselves the goal of developing an accessible and effective tool for strengthening physical health, stabilizing the nervous system, and developing willpower.

All techniques presented in the application have been collected from different parts of the world. We selected them through practical experience, focusing on proven effectiveness and ease of learning. Each technique is accompanied by a detailed description, a step-by-step algorithm for execution, and recommendations for regular practice.

Regular sessions will help you strengthen your immune system, normalize metabolism, develop willpower, and learn to control your psycho-emotional state. We place special emphasis on ensuring that the practice is not only beneficial but also comfortable for the user.

Techniques in the Application

The application features both original European techniques and Indian pranayamas. These include:

Sama Vritti (Equal Breathing) — a basic pranayama for beginners. It helps calm the mind, relieve stress, and improve concentration.

Anuloma Viloma (Alternate Nostril Breathing) — a technique that balances the left and right hemispheres of the brain. It promotes mental clarity and harmonization of the nervous system.

Bhramari (Bee Breath) — a calming vibrational practice that reduces anxiety and improves sleep quality.

The Wim Hof Method — an original European technique that combines breathing exercises with elements of cold exposure. It strengthens the immune system and increases endurance.

Special Technique for Overcoming Addictions — an experimental practice aimed at reducing cravings and strengthening willpower.

At this stage, we have deliberately limited the number of techniques so that every user can quickly master them and build a sustainable habit of regular practice. In the future, we plan to expand the functionality and add new techniques.

Interface and Features

The application features an original design that ensures ease of use and a pleasant visual experience. All interface elements are intuitive and require no special training.

Special attention has been given to the timer — it guides the practice with text and sound commands, allowing you to fully focus on your breathing without being distracted by timekeeping.

To create a comfortable atmosphere during sessions, background accompaniment is provided: relaxing nature sounds and high-quality photographs that help you tune into your practice.

A personalized questionnaire upon first launch helps select the most suitable technique based on your current state and goals.

A built-in observation diary allows you to track progress, record your feelings, and analyze changes in your well-being.

The application is available for the following platforms:

- Windows
- macOS
- Linux
- Android
- iOS — currently under development and will be available soon.

The application supports both Russian and English languages.

Feedback

Your opinion is very important to us. We are constantly working to improve the application and expand its capabilities. Share your impressions, observations, and suggestions — this helps us in conducting further research and development. Stay with us and follow the updates. There is much more to come.

Below are screenshots that will give you a detailed understanding of how our application's interface is structured and how comfortable it is to use.

Mobile version of the application:

Noosphere breath

Questionnaire

Observation Diary

About the project

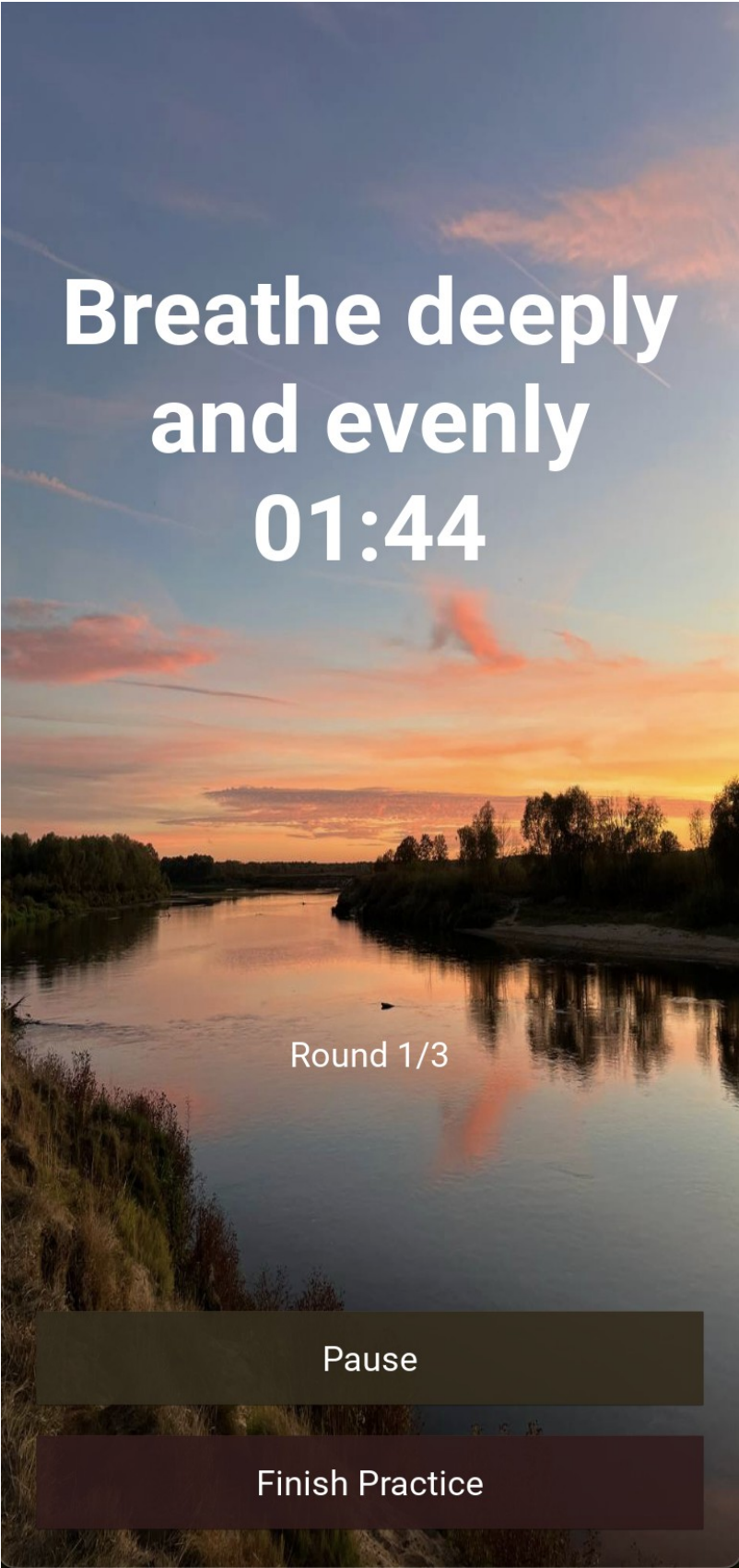
Breathing Techniques

Exit

Русский

English



A serene sunset over a river. The sky is a mix of deep blue, orange, and pink, with wispy clouds. The river reflects the colors of the sky. On the left bank, there are tall grasses and reeds. On the right bank, there are trees and a small boat. The overall mood is peaceful and calming.

**Breathe deeply
and evenly
01:44**

Round 1/3

Pause

Finish Practice

Observation Diary

Welcome to the observation diary!

Keeping a diary is a powerful tool for tracking your progress in breathing practices.

Why it is important to keep a diary:

- Track your successes and achievements
- Notice patterns and progress
- Understand which practices work best
- Motivate yourself for regular practice
- Develop awareness and self-observation

How to keep a diary:

1. Make a short entry after each

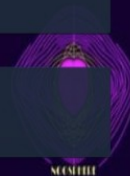
Start your journey today!

Open Diary

Add Entry

Statistics

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MOONHILL

Breathing Techniques

Choose the appropriate practice level for you:

For beginners:

- Shorter breathing intervals (1.5 times shorter)
- More comfortable entry into practice
 - Suitable for first introduction to techniques
- Minimal risk of hyperventilation

For advanced:

- Full breathing intervals
- Maximum effect from practice
- For those already familiar with breathing techniques
 - Requires some preparation

Choose the level that matches your experience and current state.

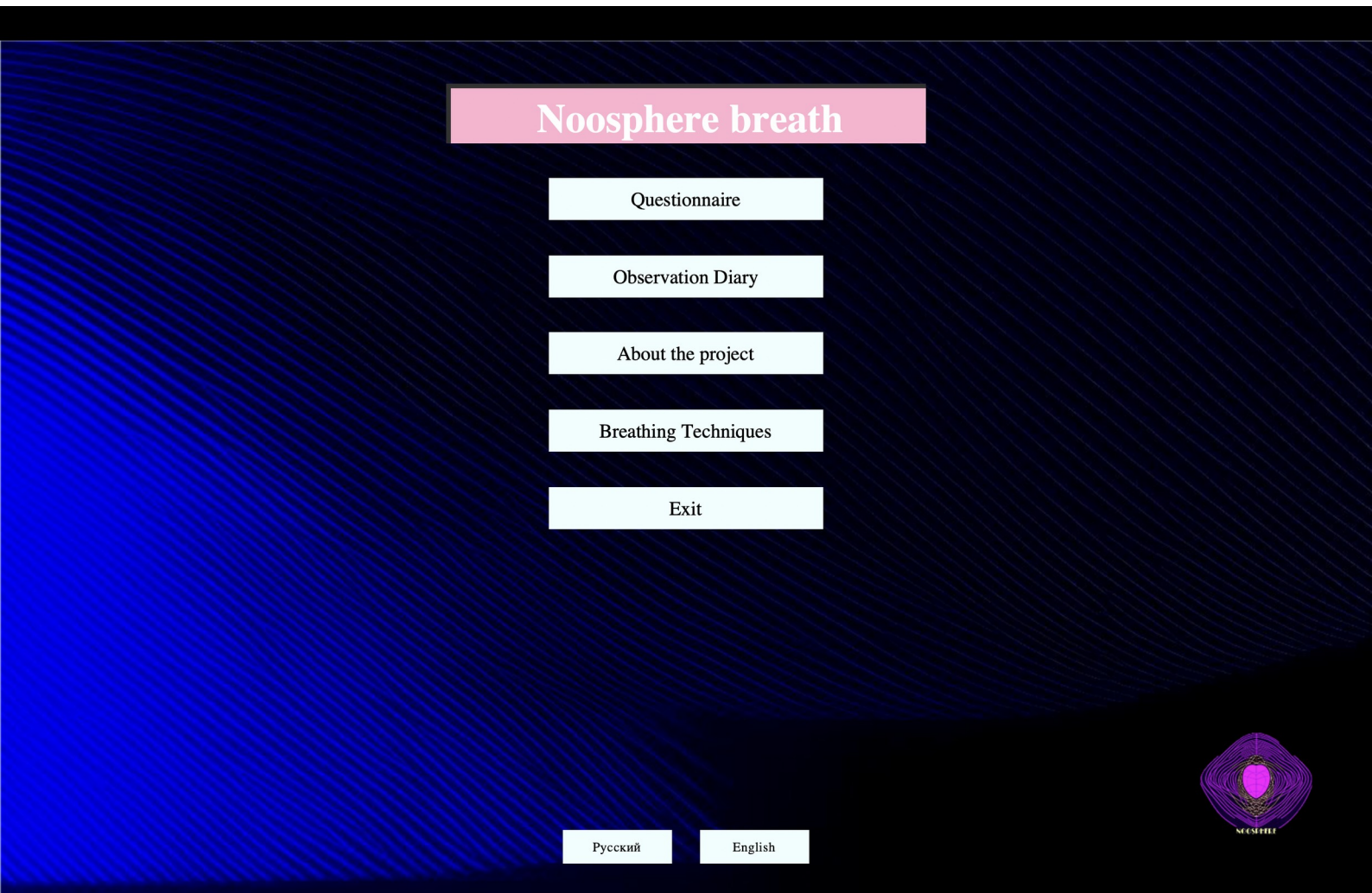
Techniques for Beginners

Techniques for Advanced

Other Techniques

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Desktop version of the application:





Inhale deeply through the left nostril
00:03

Pause

Finish Practice

Round 1/10

My Entries

7 days

30 days

90 days

Year

1 day, 1 session, 10 minutes

 2026-08-18

TECHNIQUE:

• Sama Vritti (beginner)

→ 1 session, 10 min



1/1



Add Entry

Statistics

Delete Entry

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Breathing Practice Questionnaire

Welcome to the personalized questionnaire for selecting a breathing practice!

This questionnaire will help you determine which breathing technique best suits your current state and needs.

Each breathing practice has its unique properties:

- One helps you relax and relieve stress
- Another energizes and increases concentration
- A third balances the nervous system

Answer a few simple questions, and we will find the perfect practice for you.

Completion time: 1-2 minutes

Start Survey

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