

An aerial photograph of a city at sunset, with mountains in the foreground. The city is visible in the distance, with a hazy atmosphere. The mountains in the foreground are covered in dense green forest. The sky is a mix of orange, yellow, and blue.


*Reduce el  
Stress*

EN 19 SEGUNDOS



*Inhala*

POR 4 SEGUNDOS



*Sostén la  
Respiración*  
POR 7 SEGUNDOS

An aerial photograph of a vast, dense forest of evergreen trees. In the background, dark, silhouetted mountains rise against a pale, overcast sky. The overall color palette is muted, consisting of various shades of green, blue, and grey.

*Exhala*

POR 8 SEGUNDOS

An aerial night photograph of a city, likely San Francisco, with lights reflecting on the water. The image is dark and moody, with the city lights providing a focal point in the upper half.

*Repite*

4 VECES