

4-7-8 Breathing App Launches, Bringing Mindfulness Technique to Mobile Devices

"Breathe for 20 seconds, reset your next 4 hours. A simple app to build mindfulness, calm, and presence into daily life."

SEOUL, SOUTH KOREA, April 28, 2025 /EINPresswire.com/ -- Ancient Breathing Technique Inspires New Mindfulness App: [4-7-8 Breathing](#) Launches for Stress Relief and Focus

“

Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment.”

Jon Kabat-Zinn

A new app, 4-7-8 Breathing, has launched to provide a structured approach to mindfulness through an accessible breathing technique recognized in both ancient yoga practice and modern wellness communities.

The 4-7-8 method, rooted in the yogic tradition of pranayama, involves inhaling through the nose for four seconds, holding the breath for seven seconds, and exhaling slowly for eight seconds. This pattern has been cited by organizations such as the [British Heart Foundation](#) as a straightforward way to manage stress and promote calm, and has gained attention for its reported effects on anxiety and sleep.

The application delivers guided sessions using this breathing pattern in a minimal, distraction-free interface. The app's design supports easy adoption of mindful breathing practices in various daily environments, including at home, in the workplace, and during nighttime routines.

According to Iliya, creator of the app, “Presence is about finding a moment for yourself, no matter how busy life gets. 4-7-8 Breathing was designed so the practice could be accessible in real-life situations, even if only for a single breath cycle.”

How 4-7-8 Breathing Works:

Inhale through the nose for 4 seconds.

Hold the breath for 7 seconds.

Exhale through the mouth for 8 seconds with a gentle sound.

Repeat the cycle four times per session.

While scientific research on the 4-7-8 technique continues, it is widely utilized by wellness practitioners and individuals as a means to manage stress, support relaxation before sleep, and encourage focus throughout the day.

Key Features:

Guided breathing sessions using the 4-7-8 method

Minimal, distraction-free user interface

Simple tap-to-start functionality

The introduction of the 4-7-8 Breathing app aligns with a broader movement toward practical digital wellness solutions that integrate into everyday routines.

About 4-7-8 Breathing:

4-7-8 Breathing was developed to increase accessibility to mindful breathing techniques, offering a straightforward tool for cultivating presence and calm.

Iliya
12corp
iliyalyandev@gmail.com
Visit us on social media:
[Instagram](#)



Inspired by nature and ancient practice, 4-7-8 Breathing Pyramid helps you center your mind and body with the timeless rhythm of breath. A minimalist path to a calmer, more focused you.

This press release can be viewed online at: <https://www.einpresswire.com/article/807080533>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2025 Newsmatics Inc. All Right Reserved.