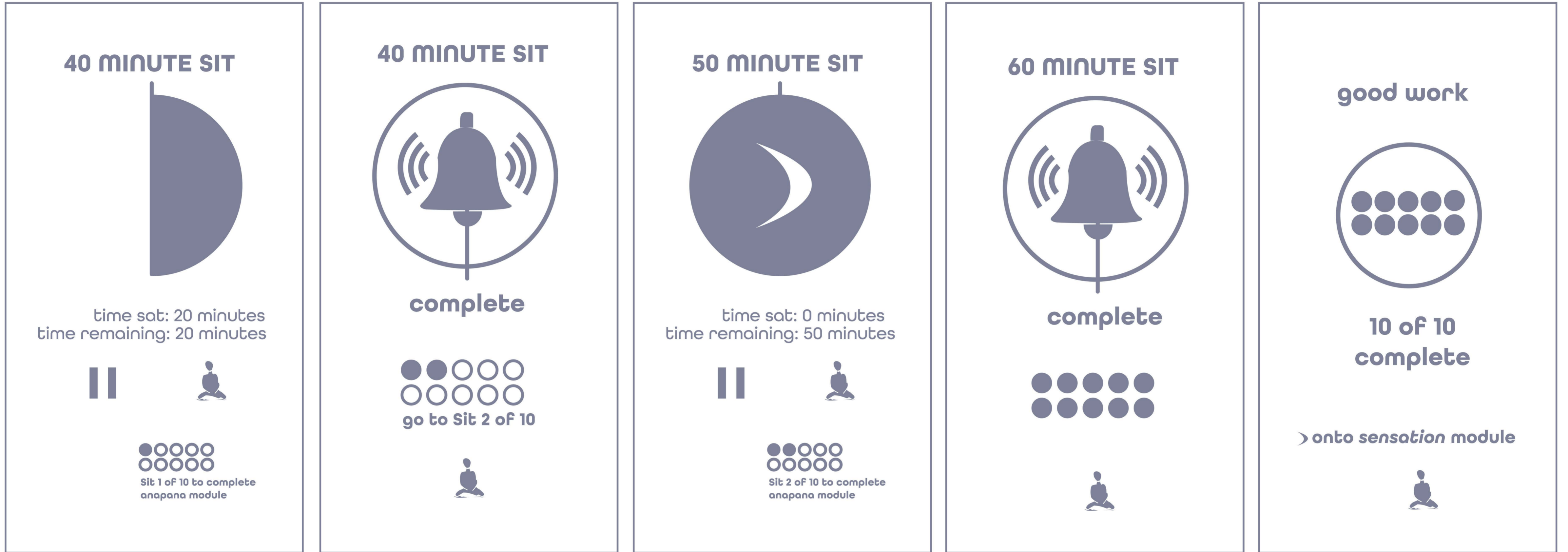




# Concept art and logo designs



# Gameplay, progress, level completion screens




anapana

timed sit

my progress

Anapana has two main objectives



1. observing the inhale


2. observing the exhale



observe these as they occur naturally.

do not attempt to count them or control them.

if the mind wanders, bring it back to the process of observing the breath.



# Teaching screens



**Gameplay views within Unity**