



**MEDITATION PRESS
RELEASE**



Ogimi Meditation

Meditation Made Easy, Meditation Made Fun

Ogimi Meditation is a great starting place for people who don't have a lot of time on their hands but want to establish a habit of meditation and mindfulness.

Ogimi Meditation is an iOS app that provides a personalized meditation routine based on a user's healthkit data. Using that healthkit data, the app is able to customize the meditation experience for individual users, aligning the routine with the level the user is currently at in their mindfulness journey.

A lot of people want to meditate and create habits of mindfulness but have no idea where to start. Due to a lack of time and money, they have trouble initially establishing a routine and sticking to their goals. Most of the high quality meditation apps currently on the market have expensive subscription fees and short free trials. At 60 dollars a year, they're inaccessible to people who can't afford to pay for meditation. Hefty subscription fees provide an additional barrier for people struggling with the motivation to create a habit of mindfulness. .



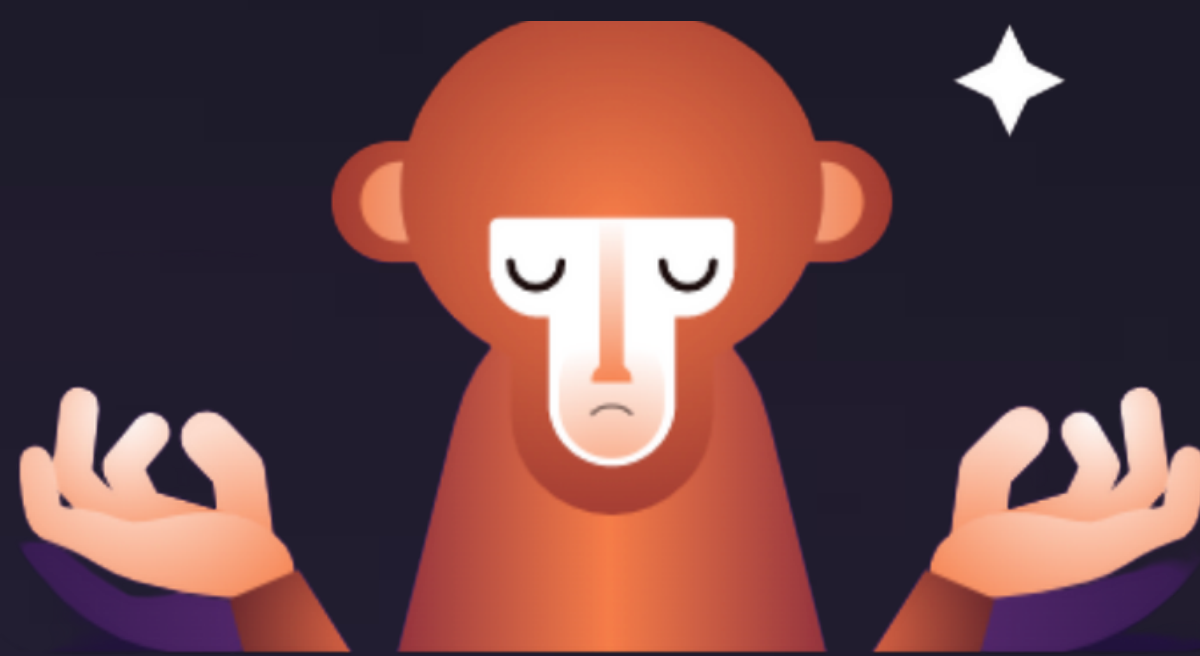
Ogimi provides an incentivized method to establish a mindfulness routine, completely free of cost. Through streaks, rewards, and user interaction, Ogimi makes meditating an accessible, fun experience. The app has options for a variety of different skill sets, from beginners to seasoned meditators, there's an option for everyone.

Ogimi will also use Apple healthkit data to show the positive results that a meditation routine has on your overall health.

Dan Gnecco, the co-founder of Ogimi Meditation, stated that his goal for Ogimi was to "use technology to make people have healthier and happier minds."

To get started, all you have to do is download the app and create an account with your email— it's that simple! From there you'll be prompted to begin a meditation session and choose your preference in type as well as the length you want your session to be. Additionally you'll be given the option to invite friends or book a free live coaching session to help you get started.

"Ogimi makes it easy for me to stick to a regular meditation schedule," says David Gull, a frequent user of Ogimi meditation. "Normally I would skip my meditation on days where I was tired or busy, but I don't want to lose my streak so I find time every day, even if it's just a 3-5 minute break."



Ogimi meditation app is a great way to get started on your mindfulness journey and hold yourself accountable! With incentivized meditation streaks and friendly competition, Ogimi encourages you to stick to your goals and build mindfulness habits in a fun and fresh way.

FAQ

Q. What is Ogimi Labs?

Ogimi labs was cofounded by Dan Gnecco and David Gull in Fall of 2022, with the goal of creating a technology to make people have healthier and happier minds. Ogimi Meditation app is an ios app that uses Apple Healthkit data and AI to provide a personalized, incentivized meditation routine.

Q. Where can I get the app?

Ogimi is available for free on the Apple app store!

Q. How can I set up an account?

Upon opening the app, you'll be immediately prompted to enter your email and create a password to sign up for a free account. From there, you can embark on your personalized meditation journey!

Q. Does it cost anything to use the application?

No. Unlike many of the other popular meditation apps on the market right now, all of the content in Ogimi is completely free for its users! You additionally have the option to book a session with a meditation coach free of charge.

Q. What happens to my streaks if I miss a day?

The streak feature is there to encourage daily meditation. If you miss a day of meditation, you'll lose your streak and start from square one.

Q. What sets Ogimi apart from other meditation apps currently on the market?

Ogimi is more data centered, using Apple Watch healthkit data and focusing on user interaction. Ogimi is ushering in the era of Mindfulness 3.0! The app is more in line with apps like Duolingo, that use streaks and competition to incentivize meditation. Ogimi treats meditation like a game, encouraging users to build a habit of mindfulness through fun.

Q. What's Ogimi's Target Audience?

Ogimi meditation is aimed towards knowledge workers. Ogimi is for Millennials and Gen-Z who are working on a screen all day with little time to establish a meditation routine.
