



studio yōggy

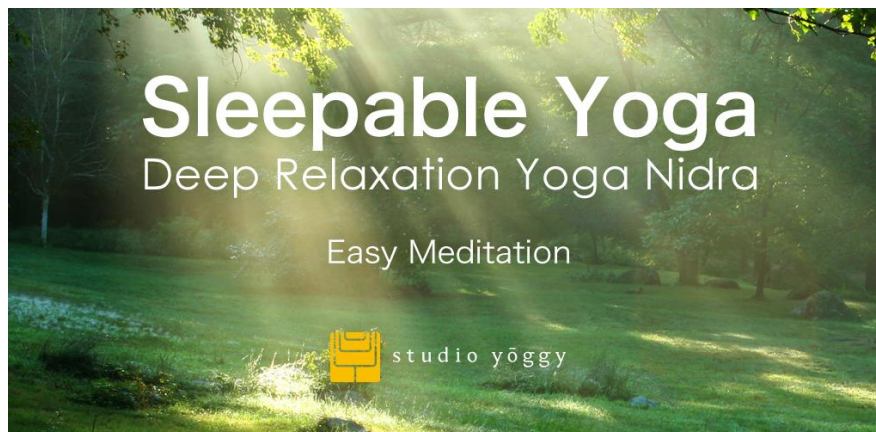
Japan's No.1 meditation app "Sleepable Yoga : Easy Meditation" launching globally for iOS and Android.

Used by over 1.6 million Japanese users and highly rated, "Sleepable Yoga" global version provides unique and easy-to-follow yoga meditation method in English.

※This is the English translation of the release issued on January 17, 2017.

TOKYO, January 17th 2018

yoggy inc. (formally LOHAS International, Inc,) operating twenty-three Yoga & Pilates studios (Studio yoggy) in Japan and global promoter of human healthy lifestyles, announced today the worldwide launch of its new app "Sleepable Yoga: Easy Meditation, Deep Relaxation Yoga Nidra" for iOS and Android mobile devices. The app was developed jointly with Excite Japan Co. Ltd. The original version is in Japanese. We have developed an English version to reach global audience.



"Sleepable Yoga – Easy Meditation" is a yoga app that guides you to a deep relaxation by following simple audio instructions. In addition to "Yoga Nidra" (sleeping meditation), the contents include mindfulness and easy to follow steps for beginners. The app was first launched in Japan and became popular instantly. Number of downloads has reached over 1.6 million, and is highly rated by users as a reliable relaxation and sleeping aid.

The program was designed by Kimi Imazu (A.K.A. "Kimi"), Executive Director of studio-yoggy and a developer of teachers' trainings and other courses for yoga instructors. The audio narration was done by Lara Benusis, also a yoga instructor, as well as Graduate Student Researcher at Columbia University, previously the Manager of the Exercise and Yoga Programs at Memorial Sloan Kettering Cancer Center (formally the manager of exercise and Yoga programs for the Integrative Medicine Service at Memorial Sloan Kettering Cancer Center in New York.)

Mindfulness (Meditation) is now well known for its benefits, in medicine, business, sports and education. Experts all over the world cite its effectiveness and benefits to body and mind. Our plan is to expand our app service not only in English, but in different languages as well to promote the benefits meditation and Sleepable yoga worldwide.

■ App Information

Name : Sleepable Yoga: Easy Meditation ~Deep Relaxation Yoga Nidra~

Price : Free (Additional fee for extra contents)

Category : Health & Fitness

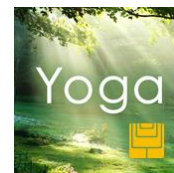
Compatibility : Requires iOS 9.0 or later. Compatible with iPhone, iPad, and iPod touch, or requires OS4.1 or later for Android devices.

Copyright notation : (C)yoggy inc. (LOHAS International, Inc.) / (C) Excite Japan Co., Ltd.

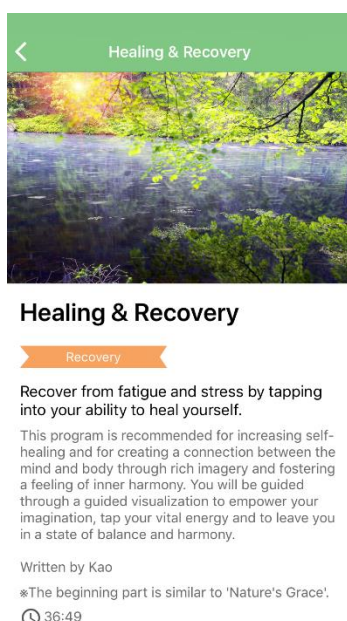
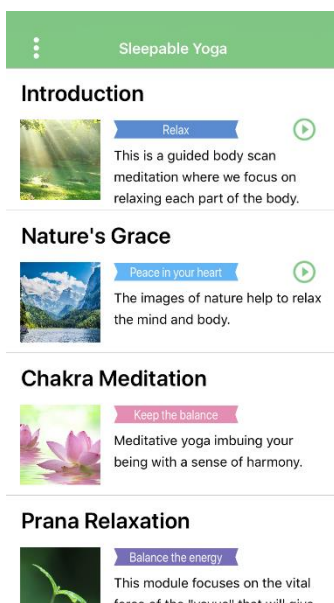
U R L : App Store = <https://itunes.apple.com/app/id505930723>

Google Play = https://play.google.com/store/apps/details?id=jp.co.excite.netamanma_yoga

※For accessing using the Google Play app, change the language setting of device to either Japanese or English.



■ Contents Overview



Introduction (Free)

Nature's Grace (Free)

Chakra Meditation (Additional fee)

Prana Relaxation (Additional fee)

Healing & Recovery (Additional free)

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[Inquiry]

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