

## Enso - Your personal home trainer in meditation and pranayama

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Fine Mechanic introduces Enso 1.0, their free new meditational app for iPad. Enso is a timer and an advanced guide for meditation and pranayama techniques. The app offers a variety of breathing exercises, including quick session start, memory settings for each exercise, visual and audio clues and more. In total more than 50 functions for group and solo practices. Enso is designed to promote awareness of meditation and is distributed completely free and without built-in advertising.

Moscow, Russian Federation - The MKB "Fine Mechanic" is pleased to announce the release of Enso 1.0, their free meditational app for iPad. Meditation is an excellent tool that keeps up your intention to live a more vivid, happy, and sensible life. Enso is made so you can easily enter the world of meditation, get to know this magnificent phenomenon, start practising and find powers to continue doing it. Lots of qualitative changes in our life are possible if you practise meditation. It is easy to see when using Enso.

The experience we gained while developing ZenClock, gave us a chance to consider all aspects and make Enso more convenient and concise. The minimalist design will help you concentrate on important, and the unique functionality will give you an opportunity to make your exercises as effective as possible.

We note particularly the possibility of group sessions and quick start. For joint sessions there is a function of inviting friends from Facebook, having a version of the application. Those who are making their first steps, can use the ready exercises' settings recommended by our coaches, amateurs can adjust settings depending on their skills. Visualization of all phases of exercise contributes to their precise execution.

Enso combines the two main poles of the software: application is easy to use, and thus has flexible settings:

- \* The Guide - is your best assistant at achieving the practitioner skill
- \* Share with friends and find new ones - you can add to friends in Facebook those, who have joined your session

According to developers, the new quality of design and detailed study of the functional does not have any analogues.

Device Requirements:

- \* Compatible with iPad
- \* Requires iOS 4.0 or later
- \* 7.3 MB

Pricing and Availability:

Enso 1.0 is Free and available worldwide exclusively through the App Store in the Health & Fitness category.

Fine Mechanics:

<http://www.fmech.org/>

Enso 1.0:

<http://itunes.apple.com/app/enso/id484567469>

Screenshot 1:

[http://imagepost.ru/images/s/c/\\_/sc\\_1\\_1.jpg](http://imagepost.ru/images/s/c/_/sc_1_1.jpg)

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

Screenshot 2:

[http://imagepost.ru/images/s/c/\\_/sc\\_5.jpg](http://imagepost.ru/images/s/c/_/sc_5.jpg)

App Icon:

[http://imagepost.ru/images/e/ns/enso\\_icon.png](http://imagepost.ru/images/e/ns/enso_icon.png)

The Fine Mechanics team is an independent software company founded by Oleg Bubnov and Andrey Molchanov in September of 2010. With their strong blend of design and development skills, Fine Mechanics' passion is to craft elegant, easy-to-use applications for the iOS platform. Copyright (C) 2012 Fine Mechanics. All Rights Reserved. Apple, the Apple logo, iPhone, iPod, and iPad are registered trademarks of Apple Inc. in the U.S. and/or other countries. Other registered trademarks may be the property of their respective owners.

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Link To Article: <https://prmac.com/release-id-41087.htm>

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