Shore

A shore of your own.

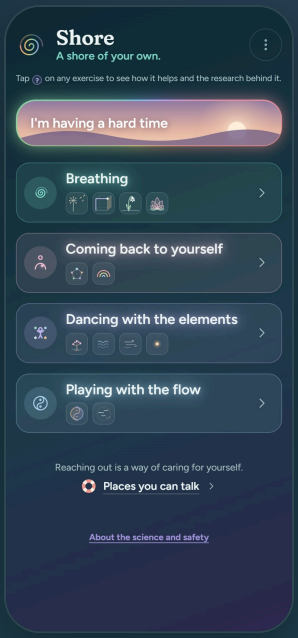
As your day begins, in a hard moment, as your day ends.

BOOKLET · 2026

WHAT SHORE IS

Waves come and go; Shore is always your own shore. A place to keep yourself company.

Shore is a free app for coming back to your own shore: breathing, grounding and gentle movement. It opens in your browser, with nothing to download and no account.



A wave came and went.

Three moments in a day

As your day begins

Come to your own shore before you start scrolling.

You could try:

- Resonance Breathing
- Follow the sun
- Create your light

In a hard moment

The "I'm having a hard time" button at the top of the home screen starts one minute of slow breathing at once.

You could try:

- A Sigh of Relief
- Five Senses
- Rainbow

As your day ends

Close your day on your own shore.

You could try:

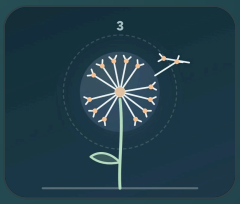
- 4-7-8 Breathing
- Koi Pond
- Gliding Cranes

What's inside

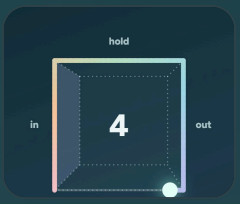
Four areas; all of it free.

Breathing

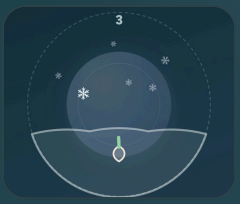
Four rhythms that move with your breath.



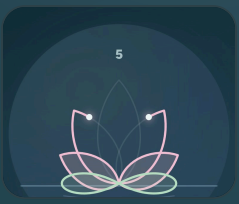
A Sigh of Relief
2+1 in · 6 out



Box Breathing
4 · 4 · 4 · 4



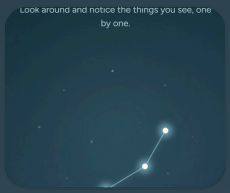
4-7-8 Breathing
4 in · 7 hold · 8 out



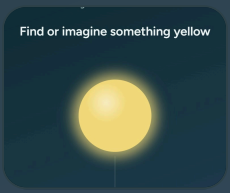
Resonance Breathing
5 in · 5 out

Coming back to yourself

Back to your body and yourself.



Five Senses
5-4-3-2-1



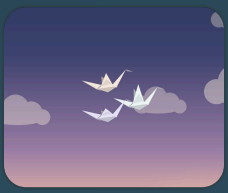
Rainbow
a breath for each colour

Playing with the flow

Soft and unforced, like water.



Koi Pond
4 in · 6 out



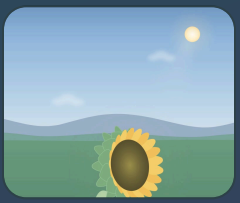
Gliding Cranes
4 in · 6 out

Dancing with the elements

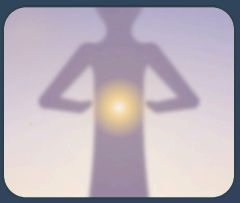
Root, flow, sway, warm.



Four elements
Earth · Water · Air · Fire



Follow the sun
a sunflower



Create your light
dance with it

Standing or seated.
With your whole body and your breath.

I'm having a hard time

One minute. Starts right away. The "Places you can talk" page lists support lines by country.

See it in motion: yourshore.app/kitapcik/en

HOW IT'S MADE

Calm, open, yours.

The drawings move with your breath

Eye and breath work as one: the drawing follows the rhythm of your breath. Nothing moves just for decoration.

Sensory care

- Sound is off by default.
- There is a dim light mode.
- Every vibration has a purpose.
- Text size can be enlarged.

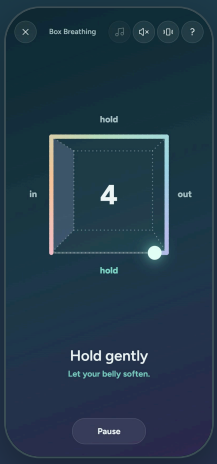
See how it helps

Tap ? on any exercise: see how it works and the sources behind it.

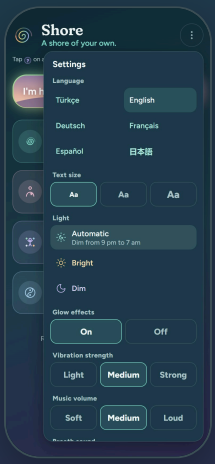
Privacy

- ✓ **No account**
- ✓ **No tracking**
- ✓ **No ads**
- ✓ **Data stays on your device**

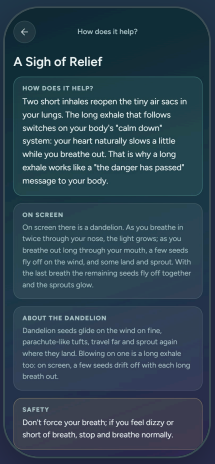
Your settings and progress are stored only in the browser on your device.



The drawing moves with your breath.



Light, text size, vibration and sound settings.



On every exercise: how it helps.

HOW DOES SHORE STAY FREE?

Always free, nothing locked.

Who makes Shore?

I'm Zoya, a sociologist and dancer. The rituals of ancient communities, movement and breath have always drawn me. In a hard moment of my own, I couldn't find what I needed for free. So I made Shore: so anyone, at any moment, can come back to their own shore without paying anything.

I build Shore full-time. Your support gives me the time to keep making it. Shore's exercises are grounded in scientific research; you'll find the sources for each one under the ? icon. Buy Me a Coffee is a widely used, secure site for small support payments; you can support by card in a few steps.

Monthly: Shore Friends

On Buy Me a Coffee, $3 a month.

Join Shore Friends

buymeacoffee.com/yourshore

coming soon

One-off support

On Buy Me a Coffee, any amount. Paid once, never charged again.

Support once

buymeacoffee.com/yourshore

coming soon

You can stop whenever you like. Our thanks are symbolic: your name on the Thanks page if you wish, a yearly transparency note, development notes.

Institutions and sponsors

For university counselling centres, employers and language sponsors.

- **Institution page:** a yearly fixed fee, a page with the institution's own support lines, priority translation.
- **Language sponsorship:** "This language's translation is made with the support of X." Shore writes the text.
- **An honest note:** Shore collects no usage data, so there are no usage reports.
- **Our limits:** no pharma, gambling, alcohol or diet brands.

To talk: hello@yourshore.app

FOR THE PRESS

Shore in brief

Shore is a free web app of breathing, grounding and gentle movement exercises. Its main line is “A shore of your own.” It is made for coming back to your own shore as your day begins, in a hard moment and as your day ends. The drawings move with the breath, and every exercise shows how it helps and its sources. There is no account, no tracking and no ads; data stays on the device.

PLATFORM	Free web app. Store versions later.
LANGUAGES	Turkish and English. German, French, Spanish and Japanese are in preparation.
PRICE	Free. Nothing is locked.
PRIVACY	No account, no tracking, no ads. Data stays on the device.
PUBLISHER	Zoya İmran



A shore of your own.

Site: yourshore.app · Contact: hello@yourshore.app

Safety note. Shore is not a medical device and does not replace professional help. If you would like to talk to someone, the “Places you can talk” page in the app lists support lines for your country.

Icons: Lucide (ISC). Fonts: Fraunces and Figtree (SIL OFL). © 2026 Zoya İmran.