

Abhi Duggal is the founder of Meditate with Abhi and The School of Breath. Meditate with Abhi is a youtube channel and audio library of guided meditations and sleep music that helps people relax, reduce anxiety, and sleep better. The School of Breath is an education platform that teaches practical breathwork (pranayama) through breathwork courses, challenges, and guided sessions for daily use. Abhi blends time-tested yogic methods with modern science so anyone can build a simple practice to lower stress, improve focus, and strengthen emotional balance.