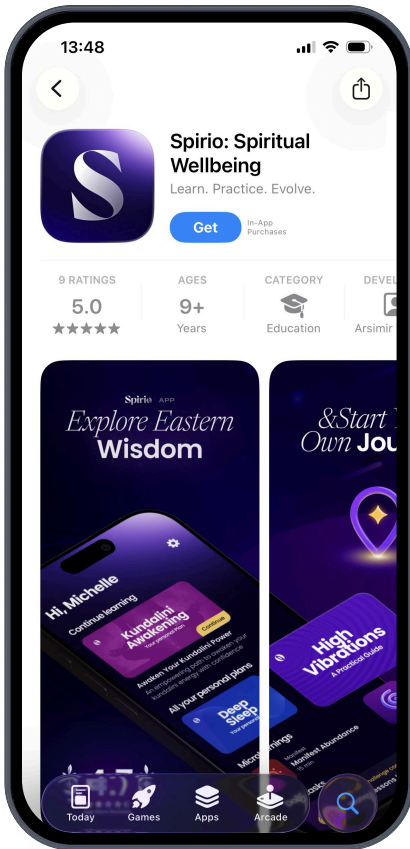




Let's log you into the app to start your self-improvement journey right away

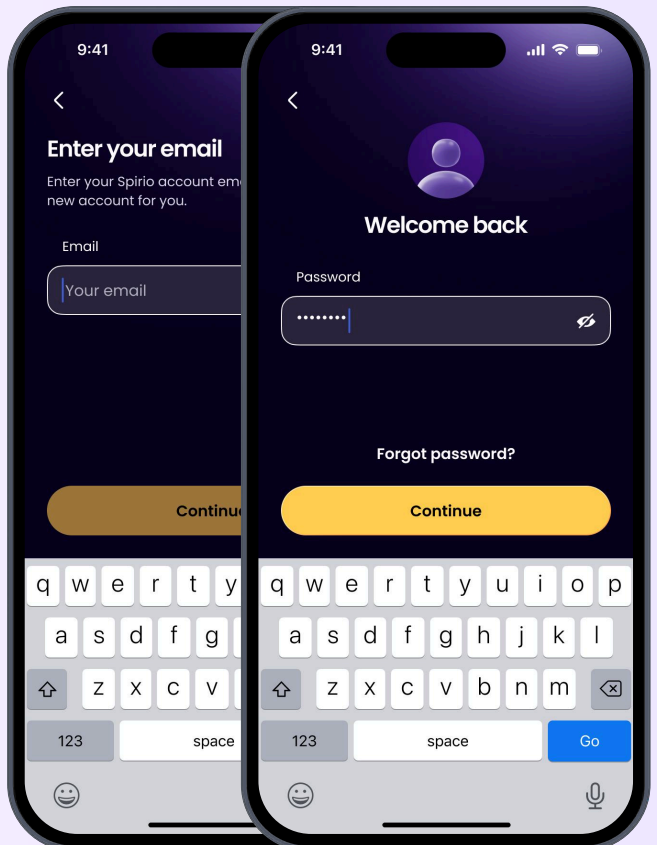


1 Download the app

Open the App Store on your iPhone and install Spirio.

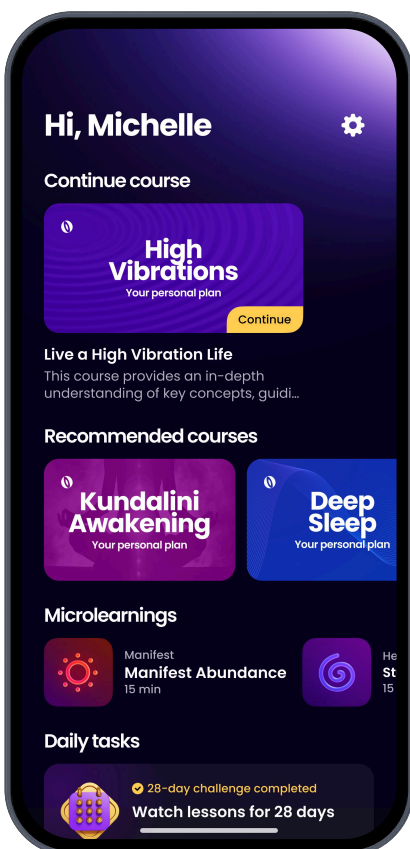
2 Log in

Enter your email and password to log in to your Spirio account.



3 You're in!

Enjoy your guided videos, daily practices, and challenges — all ready for you.



Scan the QR code to download Spirio on your iPhone.