User Guide - Zen Circuit

1. Introduction

Zen Circuit is an app designed to help users with their meditation practice, offering guided sessions, progress tracking, and the ability to share reviews with the community.

2. How to Register and Log In

User Registration
- Open the app and select **"Register Here."**
- Enter your name, email, and password.
- Confirm your password and tap **"Create Account."**
- You will receive a verification email. Open it and click the link to activate your account.

Log In
- On the main screen, tap **"Log In."**
- Enter your email and password.
- Tap **"Log In"** to access the app.

3. How to Browse and Select Meditations

Explore meditations
- Go to the **"Explore meditations"** screen from the main menu.
- Select a meditation category (Relaxation, Sleep, Stress).
- Within the category, choose a specific meditation.

Selecting and playing
- When you select a meditation, you'll see its description and duration.
- Press **"Play"** to start the session.
- Use the controls to pause or stop the meditation.
- When you finish, your progress will automatically update.

4. How to set language and theme preferences

Changing language
- Go to **"Settings"** in the main menu.
- Select **"Language."**
- Choose between Spanish or English.
- The app will automatically update to the selected language.

Changing theme
- In **"Settings,"** select **"Theme."**
- Choose between Light Mode or Dark Mode.
- The app's colors and appearance will adjust instantly.

5. How to view progress and stadistics

Reviewing progress
- Access the **"Progress"** section from the menu.
- You'll see a graph showing completed sessions.
- You can check your progress percentage and daily progress.

Tracking stadistics
- View the total number of meditations completed.
- Review your progress percentage relative to the total number of available sessions.
- Observe trends and patterns in your practice over time.

6. How to access reviews and send comments

View user reviews
- When selecting a meditation, scroll down to see reviews.
- See other users' thoughts on the selected session.
- Review the average rating for the meditation.

Send a review
- On the meditation screen, tap **"Add a review"**
- Write your comment about the session.
- Select a rating from 1 to 5 stars.
- Tap **"Send"** to post your review.

Zen Circuit offers a complete experience for meditation practice. With this guide, users can easily navigate the app and take advantage of all its features.

Frequently Asked Questions (FAQ) - Zen Circuit

1. How do I turn notifications on or off?
You can manage your notifications from your settings:
- Go to the **"Settings"** menu.
- Find the **"Notifications"** option.
- Turn notifications on or off according to your preference.
If you turn them off, you won't receive reminders or updates about new meditations.

2. How do I change the app's language?
Zen Circuit supports multiple languages. To change the language:
- Go to **"Settings"** in the main menu.
- Select **"Language."**
- Choose the desired language (Spanish or English).
- The app will automatically update with the new language.

3. Why isn't the meditation audio playing?
If the audio isn't playing correctly, try these solutions:
- Check your internet connection: Some meditations require a connection to play.
- Make sure the volume is up: Check the volume level on your device.
- Close and reopen the app: This restarts audio services.
- Update the app: Make sure you have the latest version installed.
If the problem persists, contact technical support.

4. How do I delete my account?
If you want to permanently delete your account:
- Go to **"Settings"**.
- Tap **"Delete Account"**.
- Confirm your decision by entering your password.
- Your account and all your data will be permanently deleted.
Note: *Once your account is deleted, you will not be able to recover your progress or reviews.*

6. Need more help?
If any of these solutions don't resolve your issue, you can:
- Consult the full documentation in the app's help system.
- Contact technical support using the form in "Help".
- Send an email to: soporte@zencircuit.com.