

MINDFUL PRACTICES

TEAM 9

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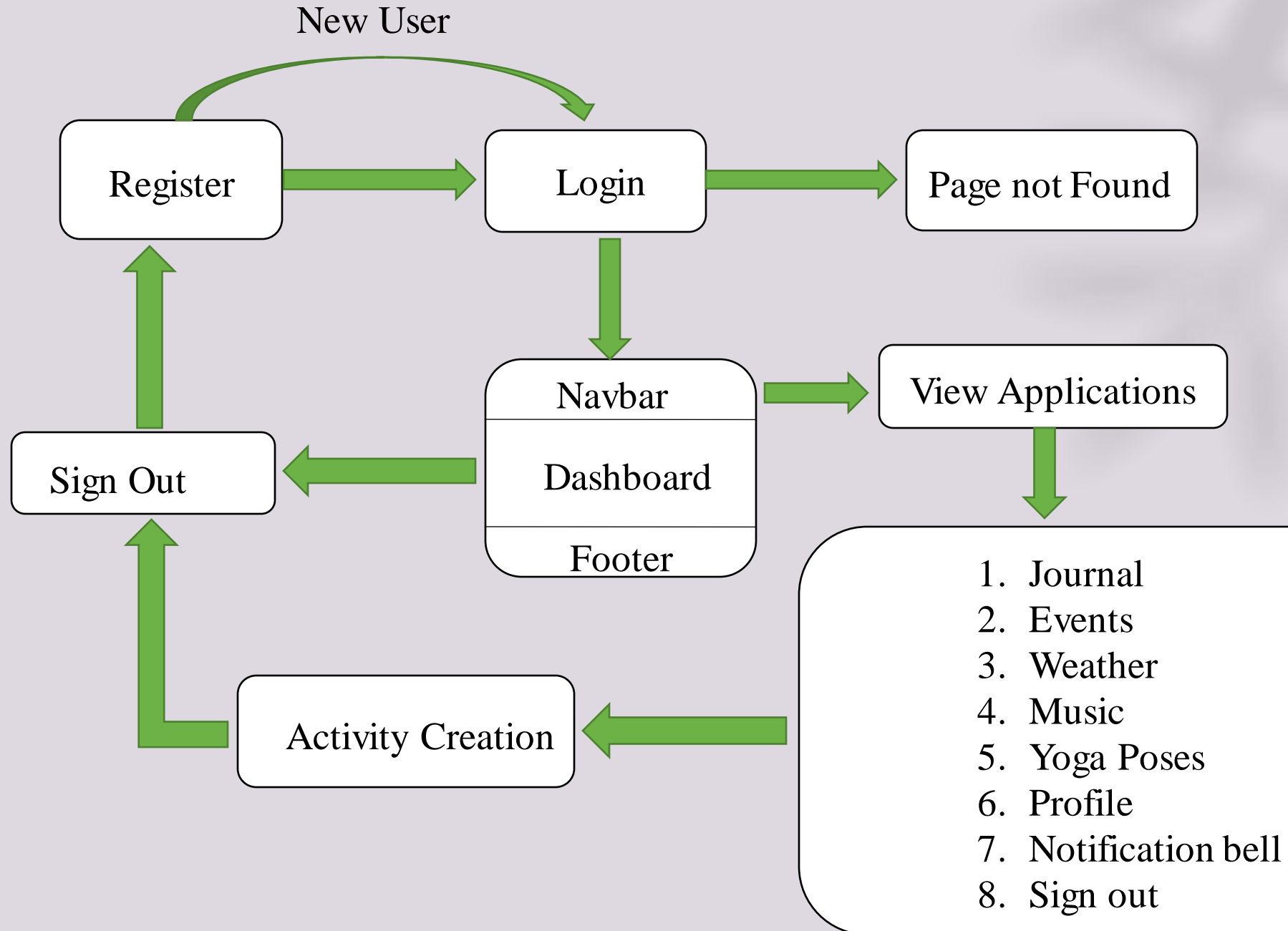
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Overview:

- The **scope** of the **mindful practices** project is to create a user-friendly, responsive website that provides users with a platform to track and practice mindful techniques. This website provides a modern, minimalist design that reflects the calming and meditative nature of mindful practices.
- **Dashboard:** The dashboard provides users with a personalized overview of their mindful practice. The dashboard includes features such as a progress tracker, a list of recent activity journal and clear overview of users activities.
- **Journal:** The journal page allows users to create and save their own personal journal entries. The journal page has a simple and clean interface that allows users to easily add, edit, and delete journal entries.
- **Events:** The events page provides a list of upcoming events, such as workshops, retreats, and group meditations. Each event has a detailed description, date, time, and location information. Users can book and add favorites to their profile.
- **Yoga Poses:** The yoga poses page offers users a selection of yoga poses with detailed descriptions and images. The poses are categorized by type, or target area. The page also has a brief description of each yoga pose and its benefits to enhance practice.
- **Weather:** The weather page displays the current weather conditions in the user's location.
- **Music:** The music page offers users a selection of calming and meditative music to enhance their mindful practice. The music page is categorized by genre, artist, or mood, and users are able to listen to the music directly from the website.
- **Profile:** The profile page allows users to edit, update their personal information such as their name, email, and profile picture.
- **Notifications:** The Notifications page notifies the user's activities like bookings and favorite events.

Flow Diagram



Frameworks, APIs Used:

- HTML, SCSS, Bootstrap, React, Node JS, Axios, MongoDB, Git.
- APIs: Weather, Yoga Poses and Spotify

Pages:

- Signup/Login
- Dashboard
- Journal
- Events
- Weather
- Yoga Poses
- Music
- Profile
- Notifications



SignUp

Username

Email

First Name

Last Name

Date of Birth



Gender

☐ Female ☐ Male

☐ Non-binary

Password

In case you forget your password

Join the club

Already have an account? Login [here](#)



Login

Don't have an account yet? [Sign Up!](#)

Username

Password

[Forgot Password?](#)

Login



Forgot Password

Username

Choose a security question...



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YOUR ACTIVITIES

[Daily](#)[Weekly](#)[Monthly](#)[Yearly](#)

0 Milestone

0 Minutes



0 Milestone

0 Minutes



0 Milestone

0 Minutes



0 Milestone

0 Minutes

ACTIVITY TRACKER

Daily

Weekly

Monthly

Yearly



You have completed dancing & achieved 0 Milestone



You have completed Walking & achieved 0 Milestone



You have completed training & achieved 0 Milestone



You have completed practicing & achieved 0 Milestone

...

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MY FITNESS JOURNAL

[ADD ON TO YOUR JOURNAL](#)

Your Favorite Activities



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EVENTS



Barking Yoga

\$ - \$

Tickets available! Book Now. Best Offer available at our website. Click on Learn More!

Date : 2023-04-29

Time : 10:30:00

[Interested](#)[Learn More](#)

Mozart Immersive: Yoga

\$ - \$

Tickets available! Book Now. Best Offer available at our website. Click on Learn More!

Date : 2023-04-30

Time : 09:30:00

[Interested](#)[Learn More](#)

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Boston

17°C

Clouds

Feels like: 15°C

Visibility: 10 km

Wind: 4.12 kmph

Humidity: 31 %

Today

17

4

Clouds

Tomorrow

14

7

Clouds

Sat

11

7

Clouds

Sun

10

8

Rain

Mon

13

7

Rain

Tue

7

5

Rain

Wed

11

5

Rain

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Core Yoga

Engage your abdominal muscles with core yoga poses that build a strong and stable center like Boat Pose, Dolphin Pose and Side Plank Pose.



Boat

Description: From a seated position the feet are lifted up so that the thighs are angled about 45-50 degrees relative to the earth. The tailbone is lengthened into the earth and the pubis pulls toward the navel. The shoulder blades are spread across the back and the hands reach around the back of the calves, with legs pulled towards the body. The chin is tipped slightly toward the sternum so that the base of the skull lifts lightly away from the back of the neck. Gaze is forward.

Benefits: Strengthens the abdomen, hip flexors, and spine. Stimulates the kidneys, thyroid and prostate glands, and intestines. Helps relieve stress. Improves digestion.



Half Boat

Description: From a seated position the hands are gripped around the back of the legs and the knees are bent in a 90 degree angle. Both legs are pulled in towards the abdomen. The core is engaged to maintain balance on the sits bones (be sure that the back does not round). The front of the torso lengthens between the pubis and top of the sternum as the spine extends in both directions reaching up to the sky and rooting down to the earth. The gaze is forward and Bandhas are engaged.

Benefits: Strengthens the abdomen, hip flexors and spine. Stimulates the kidneys, thyroid, prostate glands and intestines. Helps relieve stress. Improves digestion.



Cat

Description: From box neutral shift some weight to the palms. The wrists, elbows and shoulders are in one line. The abdomen is pulled in and up with the spine arched in a strong Cobra spine. The crown of the head is towards the earth and the neck is relaxed. The gaze is between the arms towards the belly.

Benefits: Relieves the spine and neck. Energizes the body.



Chair

Description: From a standing position, the feet are together and rooted into the earth with toes actively lifted. The knees are bent and the weight of the body is on the heels of the feet. The pelvis is tucked in and the ribcage is lifted. The neck is a natural extension of the spine. The arms are lifted up toward the sky with the elbows straight and the biceps by the ears. The hands can be together or separated and facing each other with the fingers spread wide. The gaze is forward.

Benefits: Strengthens the ankles, thighs, calves, and spine. Stretches shoulders and chest. Stimulates the abdominal organs, diaphragm, and heart. Reduces flat feet. Energizes the entire body.



Crow

Description: From an inverted position, with the hips up and the head down, the arms are bent in a 90-degree angle with the knees resting on the elbows. The palms are firmly rooted into the earth with knuckles pressed firmly into the earth for support. The belly is pulled up and in towards the spine with the ribcage and chin lifted. The weight of the body shifts slightly forward as the toes lift up and off the earth into the full expression of the pose. The gaze is down and slightly forward.

Benefits: Strengthens arms and wrists. Stretches the upper back. Strengthens the abdominal muscles. Opens the groin. Tones the abdominal organs.



Dolphin

Description: From Downward-Facing Dog, the forearms are planted onto the earth with the elbows narrow and the palms down in a Sphinx position. The pelvis is tucked. The ribcage lifted. The feet are rooted and the legs are straight with the tailbone in dog tilt. The gaze is down and slightly forward.

Benefits: Calms the brain and helps relieve stress and mild depression. Energizes the body. Stretches the shoulders, hamstrings, calves, arches, and hands. Strengthens the arms and legs. Helps relieve the symptoms of menopause. Relieves menstrual discomfort when done with the head supported. Helps prevent osteoporosis. Improves digestion. Relieves headache, insomnia, back pain, and fatigue. Therapeutic for high blood pressure, asthma, flat feet, sciatica, and sinusitis. Warms up the ankles and the toes.

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Chasing Clouds
Mindful Measures



New Age Alchemy
Mindful Measures



**Nature: Rain
Therapeutic
Harmony for
Focus**
Nature Radiance



**Nature: Soft
Sound of Rain for
Meditation**
Mindful Measures



**Deep Guitars., Vol.
4**
Mindful Measures



Music for the Soul



Deep Guitars, Vol



deep guitars vol 2



deep guitars



Rain Sound

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Profile Page

Profile Settings

Country

Gender

Profile Picture

[Select Image](#)

References:

- <https://yoga-api-nzy4.onrender.com/v1>
- https://home.openweathermap.org/api_keys
- <https://developer.spotify.com/documentation/web-api>

THANK YOU