

Welcome to the Rewind Square today I will teach you use our website.

Welcome to The rewind square

[Login](#) | [Sign Up](#)

Available Meditations

10-Minute Mindfulness

A short mindfulness meditation for beginners

Duration: 10 min

Category: Mindfulness

Start

Body Scan for Sleep

Guided body scan to help you fall asleep

Duration: 20 min

Category: Sleep

Start

Breathing Reset

Quick breathing exercise to reduce stress

Duration: 5 min

Category: Breathing

Start

This is our main website. You the user can jump into one of 3 available meditations without the need to sign up to the website.

10-Minute Mindfulness

A short mindfulness meditation for beginners

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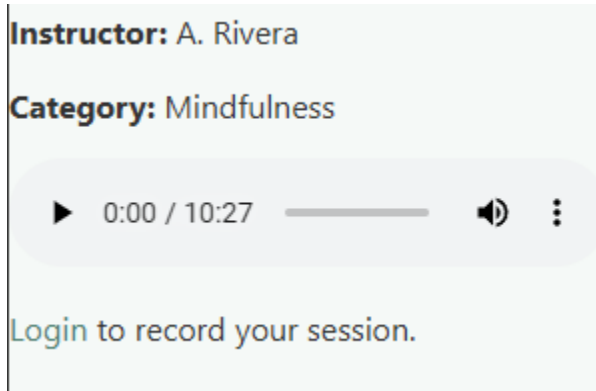
Start

- 1.) In our main site you will find the purpose of each meditation plan “**10-Minute Mindfulness**”. A short description of meditation. The duration of and categorization of meditation.

Just click the Start to get right to it.

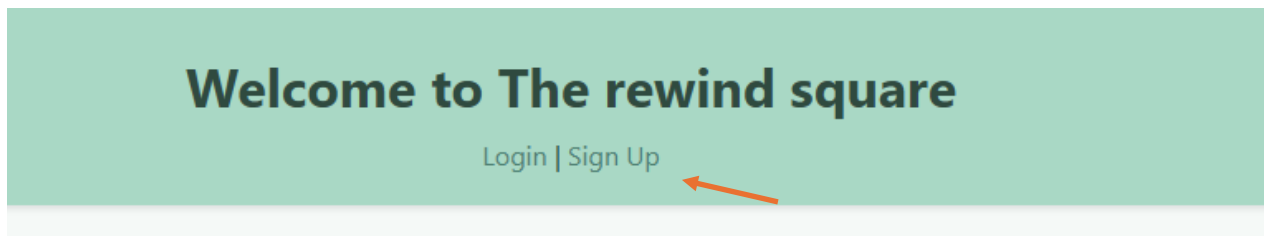
Start

- 2.) In which ever meditation you choose you will the name of the instructor leading the meditation and the category of meditation to make sure you in the right mindset.

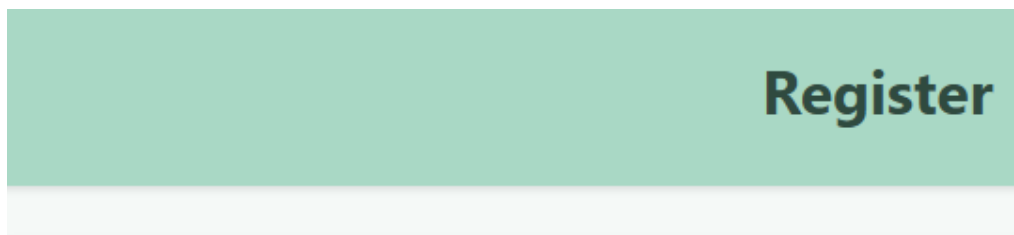


Afterwards just play the meditation and your good to experience mindfulness.

- 3.) If you enjoy our website and decide to stay you can always Sign up in our main page



To Register a username, Email and password are required.



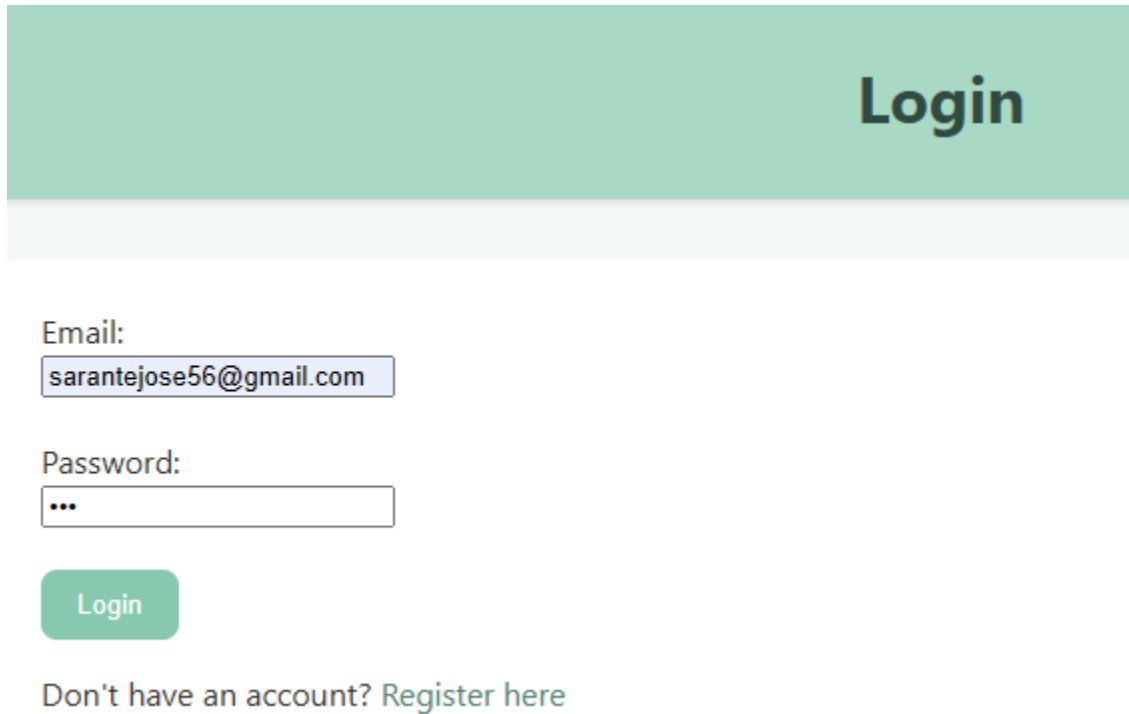
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Email:

Password:

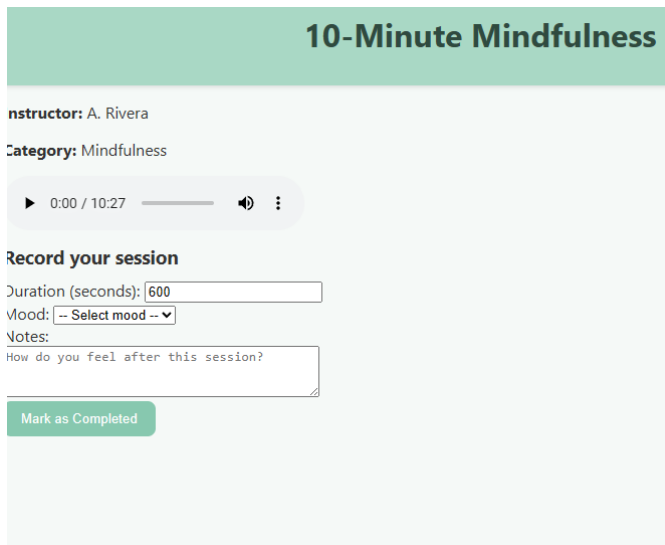
Register

4.) After you just need to log in with your username



The login form features a teal header with the word "Login" in white. Below the header, the "Email:" label is followed by a text input containing "sarantejose56@gmail.com". The "Password:" label is followed by a password input with three dots. A teal "Login" button is positioned below the password field. At the bottom, a link reads "Don't have an account? Register here".

5.) Congratulations welcome to the rewind Square community, One you join our community a special feature is added in order to track your meditation sessions and give feedback to improve the services we provide you.



The interface for a "10-Minute Mindfulness" session includes the title "10-Minute Mindfulness" in a teal header. Below, it lists "Instructor: A. Rivera" and "Category: Mindfulness". A media player shows "0:00 / 10:27" with play, volume, and menu icons. The "Record your session" section contains a "Duration (seconds):" input with "600", a "Mood:" dropdown menu with "Select mood" selected, and a "Notes:" text area with the prompt "How do you feel after this session?". A teal "Mark as Completed" button is at the bottom.

We look forward to hearing from you!!