

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

The screenshot shows a website with a light gray header bar containing the text "Welcome to The rewind square" and "Login | Sign Up". Below this is a white content area. The first section is titled "Available Meditations" in bold black font. It lists three meditation options: "10-Minute Mindfulness", "Body Scan for Sleep", and "Breathing Reset". Each option includes a brief description, its duration, its category, and a green "Start" button. The "10-Minute Mindfulness" section is expanded to show more details.

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

Duration: 10 min

Category: Mindfulness

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.

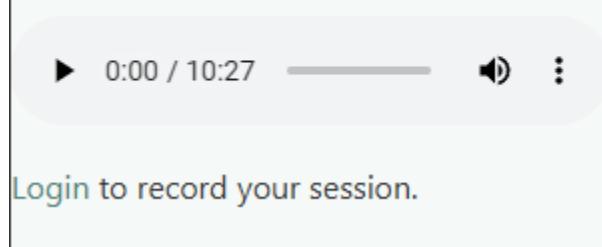
Just click the Start to get right to it.

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.

Instructor: A. Rivera

Category: Mindfulness



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

Welcome to The rewind square

To Register a username, Email and password are required.

Register

Username:

ANSWER

Email:

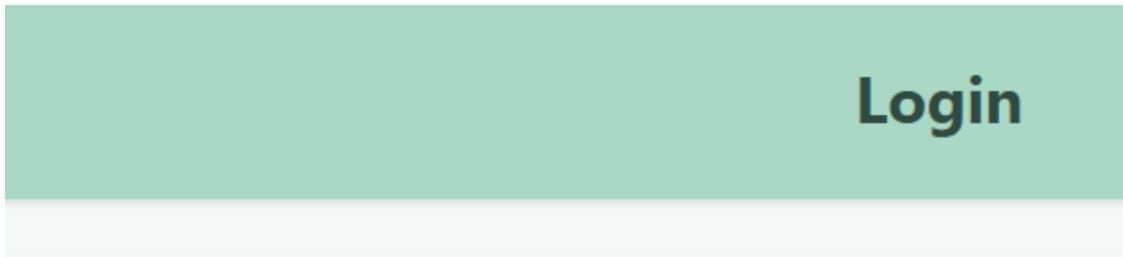
ANSWER

Password:

ANSWER

Register

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



Email:

Password:

[Don't have an account? Register here](#)

- 5.) Congratulations welcome to the rewind Square community, Once 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.

A screenshot of a session tracking interface. At the top, the title "10-Minute Mindfulness" is shown in a green header bar. Below the title, the instructor is listed as "A. Rivera" and the category is "Mindfulness". A media player shows a progress bar at 0:00 / 10:27. Underneath, there's a section titled "Record your session" with fields for Duration (seconds) set to 600, Mood (a dropdown menu), Notes (a text area), and a question "How do you feel after this session?". At the bottom left is a green button labeled "Mark as Completed".

We look forward to hearing from you!!