

USER GUIDE

MINDFULINTENTIONS

I. Overview

- This website contains information from A-Z about posture therapy with different disciplines such as Aerobic, Meditation, Yoga,.. Users can also watch videos, books about them.
- Before you begin, please make sure that you have a working internet connection.
- Click on home.html locate inside the folder Source file to get start

II. Instruction

This section contain some instruction on how to navigate the website:

1. Logo

- The logo and Website name lie on the top left corner under the banner row of the page
- Click on the logo or Website name to go to the homepage.

2. Navigation bar

- Navigation bar contain information about all the main pages of the website, locate right underneath the logo
- To go to a particular page, click on the page name in the navigation bar:
- To go to home page, please click on HOME or logo website or Website name
- To go to About us page, please click on ABOUT US
- To get to the Aerobic Theory page, point to the word Aerobic on the navigation bar, then there will be a drop-down menu bar and click on Theory.
- To go to the AerobicCategories page, hover over the word Aerobic in the navigation bar, then there will be a drop-down menu bar and click on Category,
- To get to the AerobicCheckBook page, hover over the word Aerobic in the navigation bar, there will be a drop-down menu and click CheckBook.
- To go to the MeditationTheory page, hover over the word Meditation on the navigation bar, there will be a drop-down menu bar, and click Theory.
- To go to the MeditationCategories page, hover over the word Meditation on the navigation bar, then there will be a drop-down menu bar and click on Categories,
- To get to the MeditationCheckBook page, hover over the word Meditation in the navigation bar, there will be a drop-down menu and click CheckBook.
- To go to the YogaTheory page, hover over the word Yoga on the navigation bar, there will be a drop-down menu bar, and click Theory.
- To go to the YogaCategories page, hover over the word Yoga on the navigation bar, then there will be a drop-down menu bar and click on Category,
- To get to the YogaCheckBook page, hover over the word Yoga in the navigation bar, there will be a drop-down menu and click CheckBook.
- To go to the Sign page, click on the word Sign or the person-shaped icon next to the word Sign on the left side in the same row as the logo.

III. Information about the Web pages

This section contain information about each page in the website:

1. Home page

- At the top of the website will be banners related to the topic of the website.
- Next is the logo as well as the navigation bar to help you navigate to the pages of the website.
- On the navigation bar there is also a Search feature to help find related content that users want to search for.
- Next below there will be a slide-show to show some of the content that the website offers. Users can click on the images on the slide-show to go to websites with similar content to the image. was clicked.

- After that is a text to arouse the user's curiosity about the content of the website.
- Near the bottom of the page will be a section to provide users with some clips of poses that users can watch and learn from that the website provides.

2. *Aerobic*

- Aerobic Theory: is a picture that provides users with theoretical information from a to z about postures and aerobics.
- Aerobic Categories: is a picture that provides users with clips about postures as well as classification of therapeutic postures.
- Aerobic CheckBook: In this section, users can view more related books.

3. Meditation

- Meditation Theory: is a picture that provides users with theoretical information from a to z about postures and Meditation.
- Meditation Categories: is a picture that provides users with clips about postures as well as classification of therapeutic postures.
- Meditation CheckBook: In this section, users can view more related books.

4. Yoga

- Yoga Theory: is a picture that provides users with theoretical information from a to z about postures and Yoga.
- Yoga Categories: is a picture that provides users with clips about postures as well as classification of therapeutic postures.
- Yoga CheckBook: In this section, users can view more related books.

5. Sign

- On this page, users can fill in personal information to Sign up and Sign in

6. AboutUs

- Give an overview of the content the site offers and want to educate and introduce the members of the team that created the site.

7. Search

- Support users to find related content that users desire.