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.

1. ***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.

1. 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.

1. 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.

1. Sign

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

1. 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.

1. Search

- Support users to find related content that users desire.