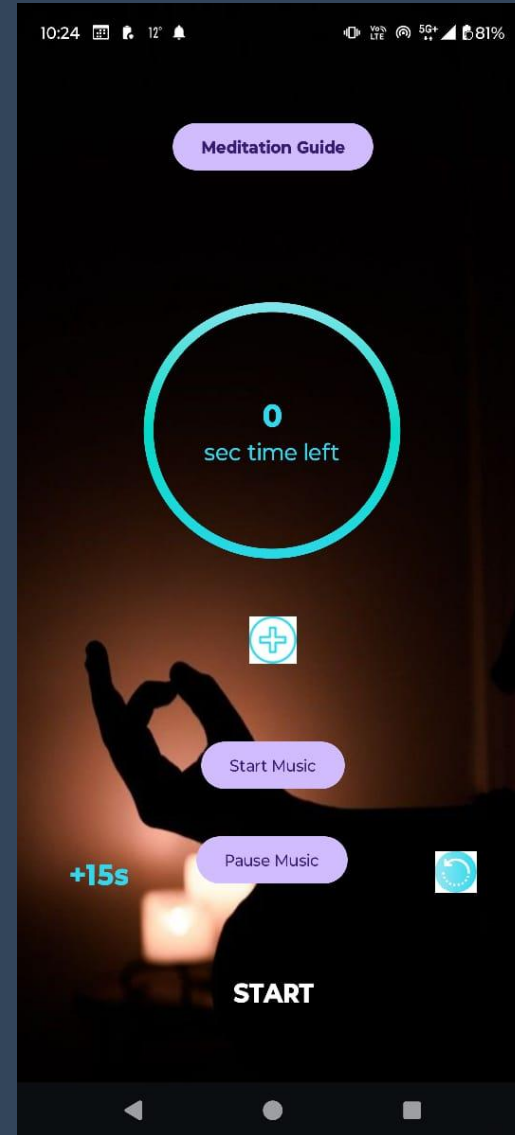
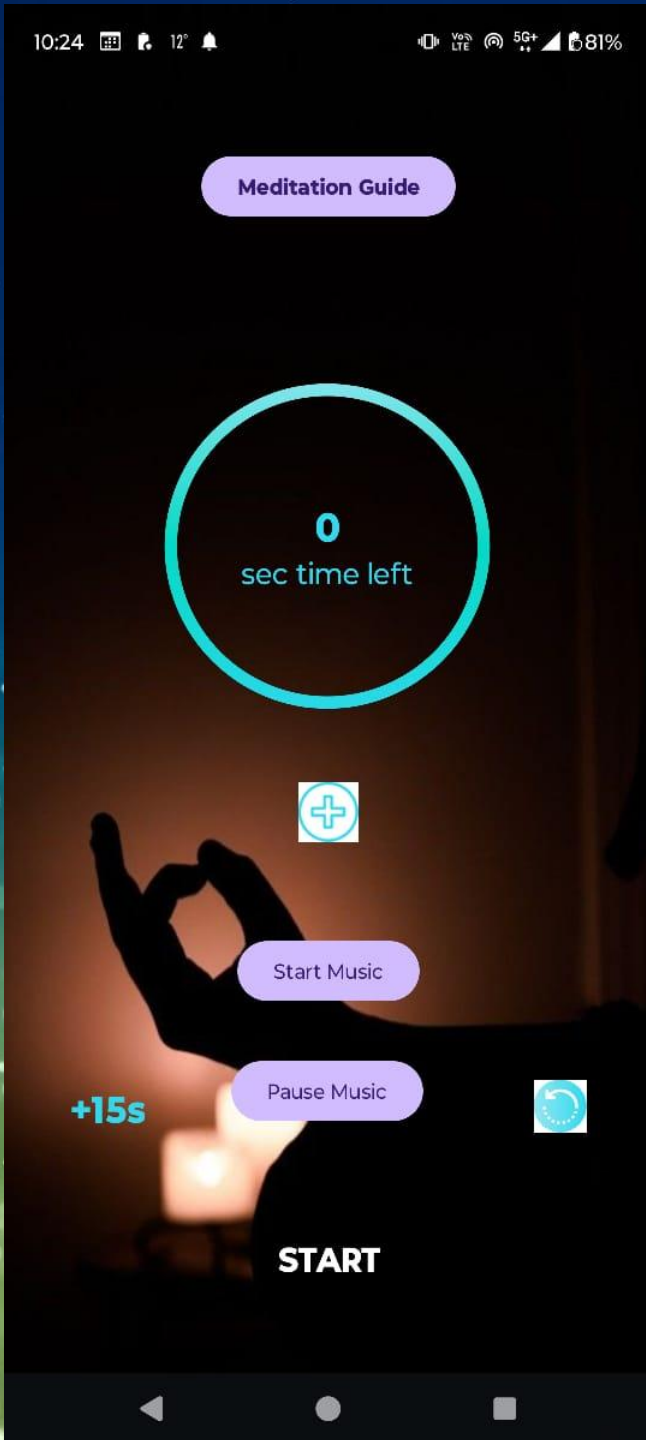


# MEDITATION APP

An Android app with customizable meditation timers and soothing background music or guided sessions for user relaxation.





# Start User Interface

It contains meditation guide button ,Start timer button ,Play and Pause Music button ,Reset button and (+) icon indicates for setting the required time you want.



Here's a step-by-step guide for performing meditation, designed to help both beginners and those looking to refine their practice. Meditation can be tailored to your personal needs and goals, whether it's stress relief, improving focus, or connecting more deeply with yourself.

#### Preparation: Setting the Stage

##### Choose a Quiet Space

Find a location where you won't be disturbed. It could be a room in your home, a peaceful park, or even your workspace. Tip: Dim the lights or use natural lighting to create a calming atmosphere.

##### Comfortable Seating

Sit on a cushion, chair, or yoga mat. You can sit cross-legged or with your feet flat on the floor. Ensure your back is straight but not stiff.

Optional: You may lie down if sitting is uncomfortable, but be mindful not to fall asleep./h/n

##### Wear Comfortable Clothes

Loose, breathable clothing can help you relax and focus better.

##### Set a Timer

Start with 5-10 minutes for beginners and gradually increase the duration as you become more comfortable.

Tip: Use a meditation app or a gentle alarm sound to avoid abrupt interruptions.

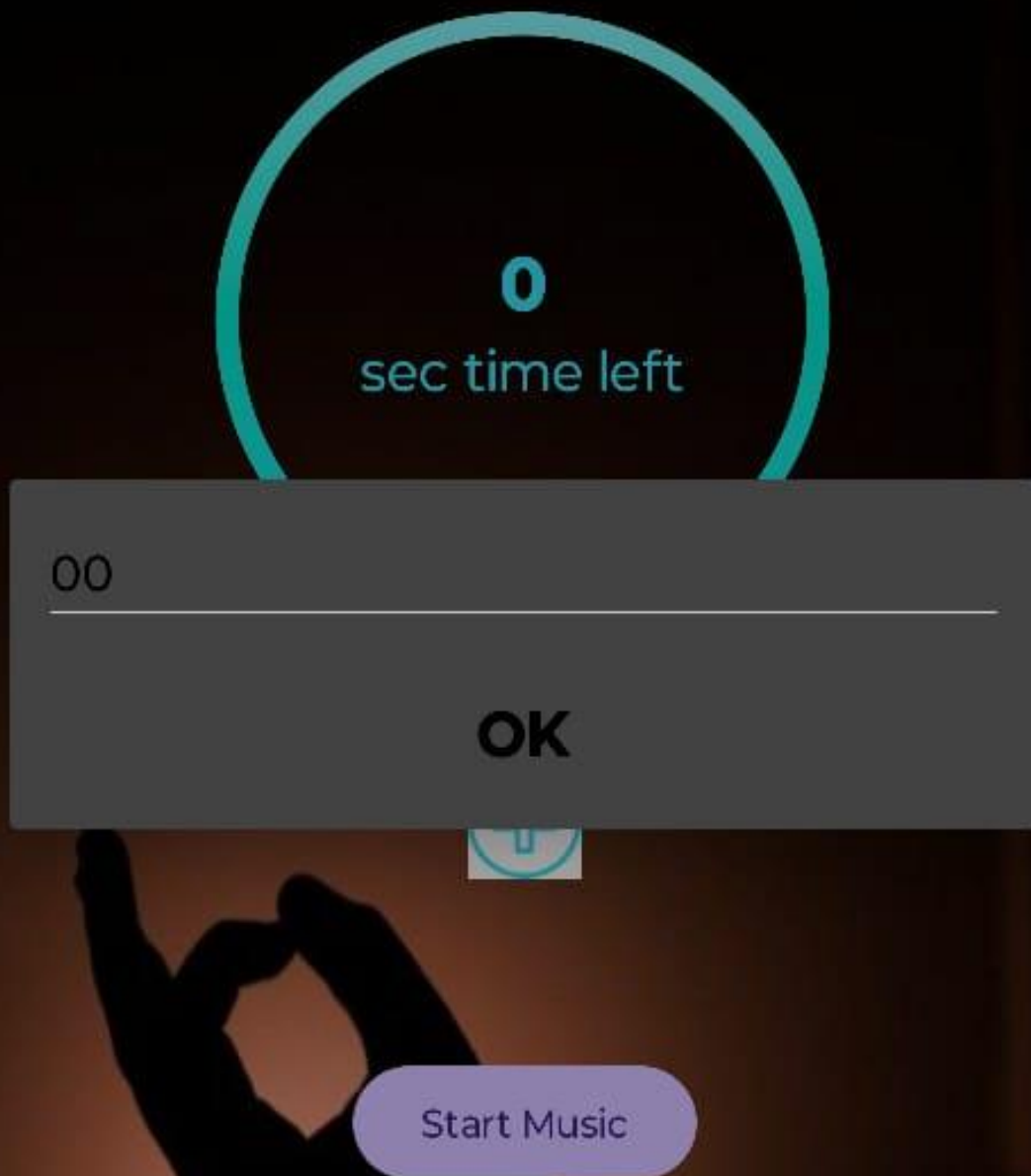
#### Steps to Meditate

##### 1. Adopt a Comfortable Posture

Sit upright with a straight spine, hands resting on your knees or in your lap.

# Meditation Guide

Meditation guide button redirect to this page which contains the information about how we should meditate they guide us very easily.



# (+) ICON BUTTON

(+) icon button helps to set the required timer  
You can set timer in seconds format very easily  
And according to your requirement you can play  
and pause the background music.

# THANK YOU

