

# Enzo: A Simple Meditation Clock

Meditating for long periods of time is difficult. Enzo simplifies the process by splitting each session into a series of shorter intervals. There are no settings to fiddle with and the experience is designed to provide you with a beautiful, ever-changing companion for your practice.

## How Enzo Works

In the center of the screen is a glowing brushstroke. Simply tap and drag it out in a circle for as long as you'd like each interval to last. To help keep anxiety and restlessness at bay, intervals are limited to ten minutes or less.

## What's Different?

Enzo is meant to be your meditation companion, and the focus is on beauty and delight.

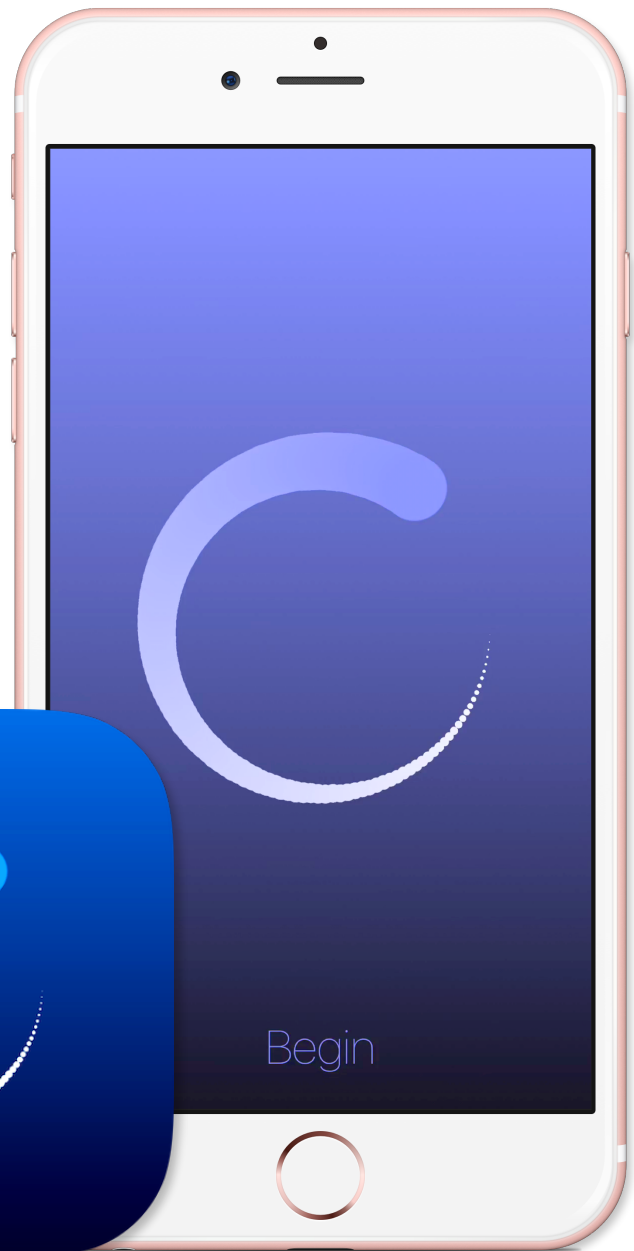
Every session's brushstroke is an individually generated animation that very subtly shifts and changes as the seconds pass by. If you prefer focusing on a visual or feel the need to open your eyes during your session, the screen itself is designed to provide a calming and simple point of focus.

No words, no numbers, just a slowly fading spiral of color.

When each interval ends, you'll hear a bell, and a new interval will begin. You can pause at any time by tapping the screen, and then choose to restart or end the session. There are no settings, no fiddling with exact times, and no extraneous social media functions or gamification.

Enzo will be available in the App Store  
December 17, 2015 for \$1.99

For more information visit  
<http://constellation.software/enzo>  
or email [ben@constellation.software](mailto:ben@constellation.software)



# Press Resources

<b>App Name</b>	Enzo: A Simple Meditation Clock
<b>Version Number</b>	1.0
<b>Release Date</b>	<b>12/17/2015</b>
<b>Platform</b>	Universal for iPhone & iPad
<b>iTunes Link</b>	<a href="https://itunes.apple.com/us/app/enzo-simple-meditation-clock/id1040625678">https://itunes.apple.com/us/app/enzo-simple-meditation-clock/id1040625678</a>
<b>Intro Video</b>	<a href="https://vimeo.com/148404644">https://vimeo.com/148404644</a>
<b>Price</b>	\$1.99 USD \$2.49 AUD £ 1.49 GBP
<b>Website</b>	<a href="http://constellation.software/enzo">http://constellation.software/enzo</a>
<b>Developer</b>	Ben Alexander @ Constellation Software
<b>Developer's Twitter</b>	<a href="#">@fiatluxfm</a>

Ben is available for interviews, podcast appearances and other media promotion and can be contacted directly at [ben@constellation.software](mailto:ben@constellation.software) or 1.330.224.0300.

# Media Assets

