

# OASIS

## WHY

Oasis promotes better mental health through meditation. It relaxes you and helps you deal with negative thoughts, stress, sadness, anxiety, and sleeplessness. The app communicates calmness, hopefulness as well as the solitude of self-improvement, that can be seen as a positive - the journey is yours and yours alone. The oasis is the reward that might not yet be visible to the user but what they continue to work towards and that's the peace and serenity of mind.

## FOR WHOM

The app is for everyone interested in meditation and bettering their mental state. The target audience is broad, but it's expected that the app will have more female users than male and that the age group will be on the younger side between 15-40, so no actually technically challenged older people are expected to be among the group. The cap is set at 40 because younger audience is expected to prefer apps over books or live meditation classes that the older generation might prefer.

## WHAT

The app is for mobile, so the meditations can be taken anywhere with you and used as needed. The interface is extremely simple and easy to use for accessibility and usability purposes. The app itself holds the guided meditations that can be selected and accessed once logged in. The meditations can be scrolled from left to right or right to left in the view, otherwise the app is navigated through by the clicking of buttons or menus. The buttons will lead you forward in the experience, but the navigation is also added for faster and more experienced use of the app and the settings etc.

The views selected for this assignment are the starting screen, login and selection of meditation. Other views that should be created for the app are the profile view, actual meditation view and the menu.

## SKETCH

