**Inheritance**

Inheritance is the principle of getting information from another class, keeping the same information from the class plus the own class information, all in one class to avoid repeating the same code, variable and methods.

This class that inherits other classes is known as parent class, the class that receives the information is known as child.

A great benefit to apply is the importance of avoiding repeating code in other classes, it makes all easier to control and shorter in other words. If we have 4 classes that use the same attributes or methods, etc., because of inheritance we can be more efficient at code.

We apply inheritance, for example in a program that needs information from the user, in another class. If we are doing an application for an online technology store, we are going to have a class called user, another called purchase. Class purchase will need the information display from the user, and this class will need to inherit this information to show that in the console.

In that example, I use, Spinner() and Counter() that are classes made into the Activity class, the reason why I did not do this class in the Activity\_breathing is, because we use those classes also in Activity\_Reflecting and Activity\_Listing, To avoid doing 3 same classes I inheritance those methods to the other 3 classes.

    public void Run ()

    {

        System.Console.WriteLine("This activity will help you relax by walking your through breathing in and out slowly. Clear your mind and focus on your breathing");

        System.Console.WriteLine("How long, in seconds, would you like for your session?");

        int time = int.Parse(Console.ReadLine());

        System.Console.WriteLine("Get ready...");

        Spinner(5);

        int cycle = 6;

        while (time >= cycle)

        {

            System.Console.WriteLine($"Breathe in...");

            Counter(3);

            System.Console.WriteLine("Now breathe out...");

            Counter(3);

            time -= cycle;

        }

    }