

# Sunrise Meditation

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# Description

Sunrise Meditation is a web based app where users can escape the noise of the internet and/or environment. This application enables users to begin practicing meditation as well as learning more about meditation.



# Features

- Create a personal account
- User Profile Page
- Meditation Timer
- View/Compare meditation sessions
- Reset Password



# Planning - User Stories

- Users can create personal accounts with the web application.
- A meditation timer allows users to set time limits on their meditation sessions.
- Personal greeting via the Landing Page when a user is logged in
- Advice and tips are available via the Learn About page
- Profile page enables user to update goals as well as track their meditation sessions.



# Planning - Database

The application currently requires 2 tables. A user table and a meditation\_log table. d

The user table is composed of 6 columns; user\_id, created\_timestamp, email\_id, password, user\_name, weekly\_goal.. The user table stores pertinent the user needs to successfully login to their account as well as update their goals.

The meditation\_log is made up of 5 columns; id, created\_timestamp, end\_timestamp, time\_log, and user\_id.. The table provides a database to store a user's meditation session.



# Technology Stack

- JS and Java
- React
- Material UI
- MySQL & MySQL Workbench
- Spring Boot
- Hibernate
- Node Package Manager (npm)



# Demo



# What I Learned

- Using React for front end deployment of web applications in addition to familiarizing myself with some of the incredible features of Material UI
- Using Axios to interface the application with the REST API
- JSON Web Tokens to control the flow of what parts of the app are available to guests and what parts are available to users.





# What's Next

- Password Reset feature that sends a user an email link to reset their password
- Allow users to change their “Greeting” from their email address
- Introducing graphics/visual aids to help the user with meditating
- Create a “course” for the user that will enable pre-made meditation sessions with the timer.
- A roulette wheel or some kind of randomizer that picks a given activity for the user to complete.

