



The Mindfulness program consists of different classes that work together to provide users with a relaxing experience. Each class represents a specific type of activity: Breathing, Reflection, and Listing. These classes inherit common attributes and methods from the base Activity class. When a user selects an activity, the program initializes the corresponding class. During the activity, the class methods guide users through prompts or breathing instructions, depending on the activity type. Through this structure, the program ensures a smooth flow of interactions between the user and the activities, facilitating a relaxing and reflective experience.