

Loaded with nine guided meditations and three sleep soundtracks, Zenimal+ is a super portable, screen-free way to develop a mindful meditation practice.

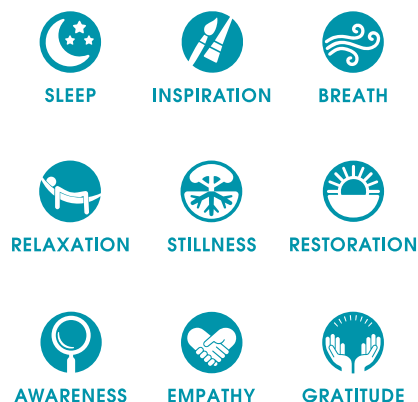
## MEDITATIONS

Press one of the 9 meditation buttons to start playing a guided meditation.

Press the power button to pause/unpause.

To restart from the beginning, press and hold the meditation button.

Zenimal+ automatically powers off 3 mins after a guided meditation ends.



## SLEEP SOUNDTRACKS

Once Zenimal+ is powered on, sleep track 1 will begin to play.

Press the power button again to select sleep track 2, and again to select track 3. Continue pressing power to cycle through the tracks.

Plugged in, sleep soundtracks will play continuously.

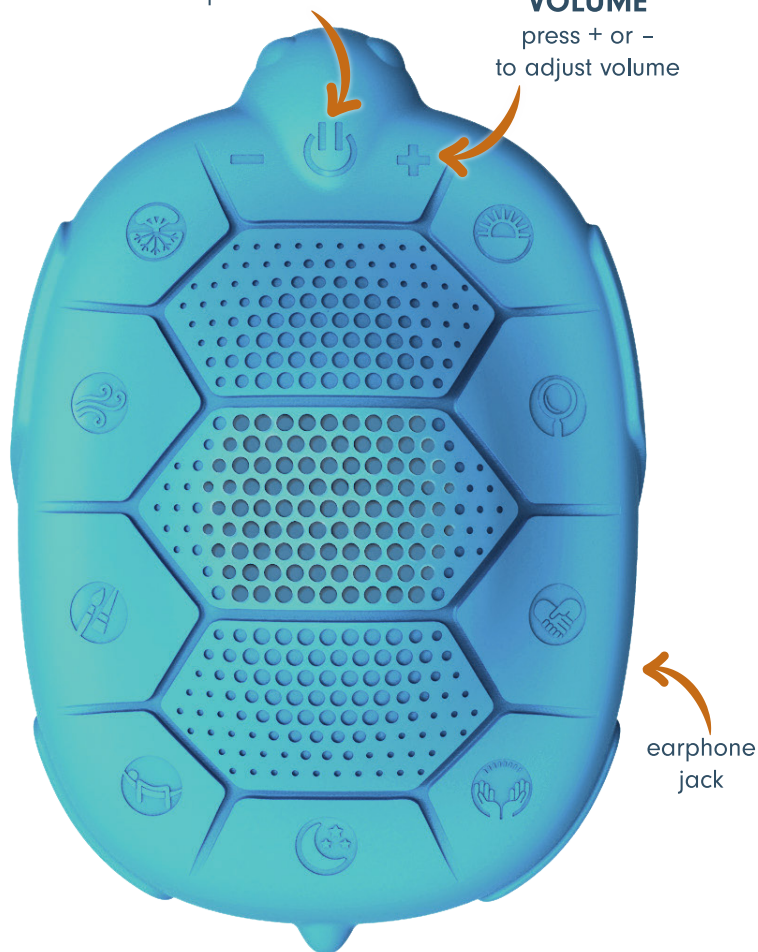
Unplugged, sleep soundtracks play for 45-60 minutes, before Zenimal+ powers off automatically.

## POWER ON/OFF

hold 2 seconds to power on or off

## VOLUME

press + or - to adjust volume



1. relaxing music
2. ocean waves
3. white noise

