

# Mindfulness room

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# Mindfulness Room - Controlling the lights and audio

When you step into the mindfulness room the room comes alive with lights and audio. You can control this audiovisual system using the knobs on the panel next to the door:



**Clicking** a knob toggles the lights/audio.

**Turning** a knob adjust the intensity of the lights/audio

**Clicking, holding and turning** switches the lights/audio between different presets.

