

Directions for use

GETTING STARTED: FITTING THE BATTERIES

All 4 batteries should be **new** when you first use your timer as well as every time you will replace them. The use of rechargeable batteries is not advised.

1. Remove the screws securing the battery door.
2. Install 4 AA size 1.5 volt batteries (not included).
3. Screw the battery door back on.

SETTING THE TIMER

1. Select the duration of your meditation, turning the pointer of the time-setting knob to face the desired number of minutes.
2. Set the volume level on low 🎵 or normal 🎵
3. Press the ON / OFF button => the working light is on.

Twenty seconds after setting the timer, you will hear 3 chimes of the gong signalling the beginning of the meditation period. At the end of the selected time, you will hear the gong again. A few seconds later the working light will automatically switch off. To interrupt the programmed session, press the ON / OFF button at any moment.

NOTE : Make sure you set the timing when the power is OFF. The selected time corresponds to the duration of the SILENT period.