



LARGE-PRINT GUIDE

Putting the Shūyō App on your phone

Take your time — there's no rush, and you can't break anything

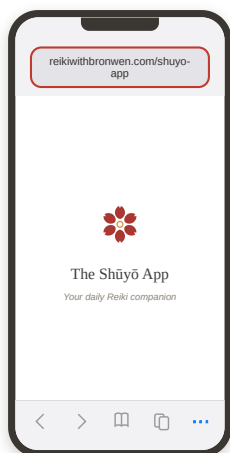
Before you begin, you'll need:

- ✿ Your phone (or tablet)
- ✿ Your **email address and Shūyō password**
- ✿ About five quiet minutes and a cup of tea

iPhone or iPad? Follow pages 2–3.

Android phone (Samsung, Google, etc.)? Follow pages 4–5.

iPhone: steps 1–3



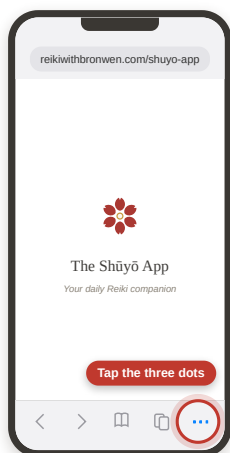
STEP 1

Open Safari

Safari is the **blue compass icon**. Tap the address bar and carefully type:

reikiwithbronwen.com/shuyo-app

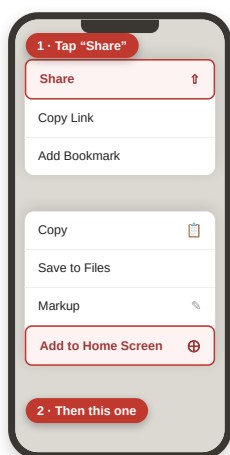
then tap **Go**.



STEP 2

Tap the three dots

They're in the **bottom right corner** of the screen — this opens Safari's menu.

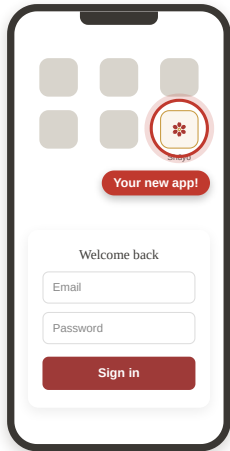


STEP 3

Share, then Add to Home Screen

Tap **“Share”** at the top of the menu. A new list appears: tap **“Add to Home Screen”** — the bottom of the four choices — then tap **Add**.

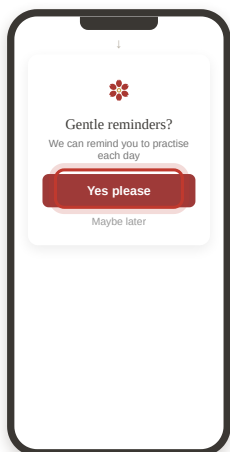
iPhone: steps 4–5



STEP 4

Open your new app

A **Shūyō flower** now lives on your home screen, like any other app. Tap it to open. **The first time**, sign in with your **email and password** — after that, the app remembers you.



STEP 5

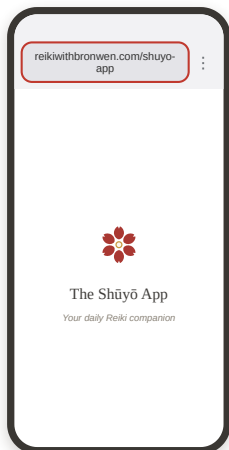
Say yes to reminders

A little card **slides down from the top** of the screen. Tap **“Yes please”** and choose the times you’d like a gentle nudge to practise — morning, evening, or both.

That’s it — you’re ready 🌸

From now on, just tap the Shūyō flower on your home screen — the app remembers you, so you won’t usually need to sign in again.

Android: steps 1–3



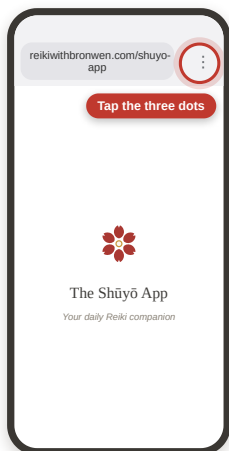
STEP 1

Open Chrome

Chrome is the **round red, green and yellow circle icon**. Tap the address bar at the top and carefully type:

reikiwithbronwen.com/shuyo-app

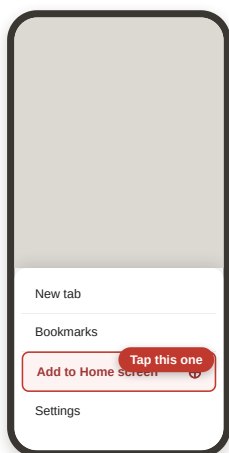
then tap **Go**.



STEP 2

Tap the three dots

They're in the **top right corner** of the screen — this opens Chrome's menu.

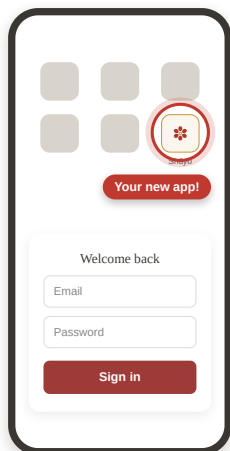


STEP 3

Add to Home screen

In the menu, tap **“Add to Home screen”**. On some phones it says **“Install app”** — that’s the same thing. Then tap **Add** or **Install**.

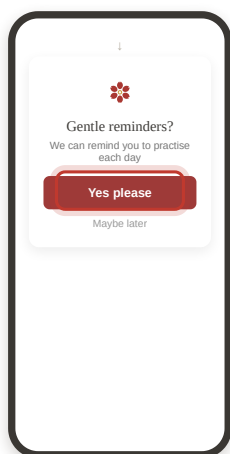
Android: steps 4–5



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If something doesn't look right

“I can't find the Share button / three dots”

On iPhone, make sure you opened the page in **Safari** (not from an email or Facebook). On Android, use **Chrome**. If in doubt, close everything, then start again from step 1 — nothing is lost.

“It's asking for my password and I don't know it”

Don't worry — the app remembers you between visits, so this is rare. If you are asked, tap “**Forgot password**” and follow the email that arrives. (The one-tap email links only work in a web browser, so in the app itself use your password.)

“I'd rather not install anything”

That's perfectly fine. You can simply visit reikiwithbronwen.com/shuyo-app in any browser, sign in, and practise there — your garden and journal are exactly the same.

Still stuck?

All of these steps, with pictures, live at reikiwithbronwen.com/shuyo-start — or simply reply to any of my emails and I'll help you personally.

