

HOW TO USE

The watch is equipped with a Japanese automatic mechanism, Miyota 9015. It is automatically wound by the movement of the rotor while you're wearing the watch. You only need to wear the watch for a few minutes to power the mechanism. It's also possible to wind the mechanism manually by turning the crown a few times.

To set the time, gently pull out the crown until the sweep secondhand stops, and then rotate it. After setting the desired time, press the crown to activate the mechanism. Leaving the watch motionless for an extended period of time may result in inaccuracies. The fully wound watch mechanism has a 42-hour power reserve.

Accuracy

The loss of seconds is a natural occurrence in an automatic watch. The altitude above sea level, magnetism, direct sunlight, too high and too low temperatures, as well as impact, can affect the accuracy of the mechanism or potentially damage it. Regardless of avoiding these factors, we recommend regular maintenance performed by a local watchmaker every 2-3 years, as well as servicing when necessary. Caring for your watch and properly maintaining its good condition ensures that your Mudita Moment will serve you for years to come.

Temperature

Do not expose the watch to sudden temperature shifts or extreme temperatures.

Magnetic fields

Avoid exposing the watch to strong magnetic fields generated, for example, by speakers, mobile phones, computers, refrigerators, or other electrical devices.

Shocks

Avoid thermal or mechanical shocks – they may cause damage to the watch.

Chemical agents and gasses

The watch should not be exposed to reactive or corrosive chemicals and gases. Exposure to such chemicals may cause discoloration of the watch case, crown, or watch straps. The watch may also corrode, which can affect its water resistance.

Cleaning

We recommend cleaning the watch regularly (except for the leather strap) using a soft cloth and lukewarm soapy water. After swimming in salty water, gently rinse the watch with unsalted water and leave it until it dries completely.

Water resistance

Mudita Moment is water-resistant up to 5 ATM (it can withstand pressure of 5 bar or a water column of 50 meters). This means that it's resistant to water exposure during everyday activities, such as occasional splashes or rain.

However, we do not recommend taking a shower, bathing, or swimming with the watch on. If the watch gets wet, it should be dried with a soft cloth. Do not set the time while having wet hands or if the watch hasn't been properly dried.

Watch strap

The watch strap should not be excessively tightened. To ensure proper comfort, it is recommended, when properly buckled, the strap should be loose enough on the wearer's wrists to allow for intersection of a finger between the straps.

Detaching, changing, and attaching watch straps

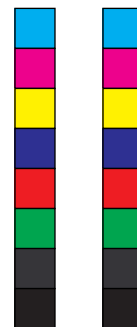
Follow the general guidelines below to detach, change, and attach the watch strap. Make sure you use a strap that is compatible with the Mudita Moment watch model.

1. Place the Mudita Moment watch face down on a clean surface, such as a non-dusty microfiber cloth or a soft mat.
2. Move the spring telescopic bar that releases the strap lock, and slide the strap across to remove it.
3. If you're unable to slide the strap out, move the spring telescopic bar again to release the strap lock, making sure to move it all the way to the end.
4. Make sure that the strap is facing the correct direction, then insert the new strap by aligning the fastening element – the spring telescopic bar – with the dedicated openings for it.
5. Carefully make sure that the strap is securely attached before wearing the watch.

Never force the strap into place. If you're unable to slide the strap out or in, move the release button again.

Technical Specs:

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|------------------|----------------------------------|
| Mechanism | Miyota 9015 |
| Case size | 38 mm |
| Case material | 316L stainless steel |
| Kind of glass | Sapphire crystal |
| Water resistance | 5 ATM |
| Lugs bars | With a quick spring bar movement |
| Straps | 20 mm with a 316L steel buckle |



HOW TO BREATHE WITH THE MUDITA MOMENT?

Find a peaceful time during the day and enjoy all the benefits you can obtain with deep breathing techniques. They help alleviate stress, restore mental clarity, and cultivate a mindful presence. Take a closer look at the dotted pattern on the watch. Each dot symbolizes a 4-second interval. Align your breath with the sweep second hand on the watch, observe its movement as it reaches each dot. Enjoy all the benefits of slow, deep breathing by practicing one of the following exercises. Try to breathe using the lower part of your chest and through your nose. It's important that you inhale and exhale for the same amount of time to maintain a consistent, gradual flow of air with each breath.

Mindful breathing

The easiest and most effective way to relax and reconnect with yourself.

- Breathe in for 4 seconds.
- Breathe out for 4 seconds.

Repeat this for a maximum of 10 minutes, or until a sense of mental calmness is restored, or until you feel more relaxed.

Square breathing

This exercise is most effective in reducing the sudden onset of acute stress. Do it before a stressful event to prepare for it or to calm down shortly after it.

- Breathe in for 4 seconds.
- Hold the breath for 4 seconds.
- Breathe out for 4 seconds.
- Keep your lungs clear for 4 seconds.

Repeat for up to 10 cycles or until you feel calmer, relaxed, and composed.



Slow breathing

This is a slightly more advanced exercise that will become easier if you practice it regularly. It's an ideal experience for deep relaxation sessions, in the morning or before bedtime.

- Breathe in for 4 seconds.
- Breathe out for 8 seconds.

Practice regularly for 10 minutes or until you feel fully relaxed and ready to unwind.

WARRANTY

Your Mudita Moment comes with a warranty, which is provided for a period of 24 months from the date of purchase. Defects revealed during this period will be repaired free of charge within 60 days from the date of delivery of the watch to the company's address.

The claimant is responsible for covering the cost of shipping the watch to the address indicated. In order to ensure the safe arrival of the Mudita Radiant watch at the company's address, the watch should be packed in such a way that it is not damaged during transportation. If there is a situation where the defect cannot be removed or repaired - the complainant is entitled to exchange the watch for a new one or refund the full value of the watch.

Defective watches should be sent to the indicated address after prior e-mail contact.

To have your watch repaired and supported, send an email to: support@mudita.com. If possible, try to attach photos or videos to show the problem encountered. The warranty is only valid with a sales receipt that includes the date of purchase. The warranty does not cover: watch strap (including buckles), telescopes, watch glass, clasp and watch case covering. In addition, the warranty does not cover damage caused by misuse of the watch and damage caused by fortuitous events after the sale has been finalized.



THANK YOU FOR YOUR PURCHASE AT MUDITA.

With this product, you say YES to a fun, free, and harmonious lifestyle. Thank you for trusting our minimalist, automatic Mudita Moment watch.

Celebrate a more meaningful life daily with the Mudita Moment watch, your tool and reminder to slow down, reconnect, and use time more mindfully. We hope you'll truly love this experience.

Automatic Mudita watches are charged with the movement of the pendulum powered by natural wrist movements. It provides the winding of the watch. Automatic watches don't require batteries.

Mudita Sp. z o.o.

Jana Czeczota 6,
02-607 Warsaw, Poland
www.mudita.com