Navigation

- **Play/Pause**
  - Click once to pause the lesson
  - Click again to resume play

- **Rewind**
  - Starts the lesson over from the beginning

- **Speed**
  - Click to adjust the speed of lessons

- **Back/Forward**
  - Click **Back** to return to the previous screen
  - Click **Forward** to advance to the next screen

- **Scrubber**
  - Click to quickly navigate throughout the lesson

- **Exit**
  - Click to exit the lesson

- **Audio On/Off**
  - Click to enable or disable audio