

# Content Library

soothe<sup>VR</sup>

## Escape

AWARENESS OF THE MIND ( I )	BODY SCAN ( II )
COMPASSION RELAXATION ( I )	BEAR BLAST
BEAR BLAST: BOREALIS	FEEDING FRENZY
FOCUS GAME ( I )	INVASION
SHAPE YOUR PATH	

## Relax

BUILDING BREATH 1. BUILDING BREATH 2. BREATHING PORTAL 3. DEEP RELAXATION		BREATH OF HOPE	TIBETAN SINGING BOWLS
BAVARIAN ALPS	IRELAND	LONDON	PARIS
PORTUGAL	VIENNA	THE BLU 1. REEF 2. WHALE ENCOUNTER	
DREAM BEACH PORTUGAL	HIDDEN BAY BEACH	PINE TREES MEET OCEAN	PLAYA CALA PI
SUNRISE SERENITY	WHITEHAVEN BEACH	DOLPHINS HEALING	SEALS HOSPITAL

## Guided

POWER OF THE MIND 1. ACCEPTANCE 2. NOTICING THOUGHTS 3. POWER OF THE MIND 4. PRESENT MOMENT	
BODY RELAXATION	WELL-BEING RELAXATION ( I )
ATTRACTING ABUNDANCE	MINDFUL BREATHING
RELAX	LOVING KINDNESS
SUN AND CLOUDS	