

## Virtual Reality experiences... designed with your relaxation in mind – 31 experiences – HTC Vive / Steam

### A) VR NATURE VIDEOS

Relax within our stereoscopic 360 VR Nature experiences, where you can swim with dolphins in the ocean, immerse within the untouched landscape and white sandy beaches of Crete, or ponder amidst the contemplative ambience of the Alps with its vast mountain lakes and lush green forests. If Thailand is your desire, you can relax while walking amidst mystic temples, pristine coves and ancient jungles. To optimize your relaxation, special binaural music has been adeptly synced with each experience. The virtual journey to picturesque nature settings has a positive effect on mental health, promotes stress relief and mental regeneration and has, according to a study by the prestigious Humboldt University, Berlin conducted for Magic Horizons, a relaxing effect.

#### 1) DREAMY BEACH (length 5 mins)

– In Thailand, dream on beautiful beaches and at magical waterfalls –



From a spectacular location, view the wide ocean and waves, while listening to ethnic chants and nature sounds: The beautiful beaches and waterfalls of Thailand, have you dive into relaxing worlds very quickly. Forget about daily sorrows and stress. Based on the insights of the study by Humboldt University, Berlin for Magic Horizons, you experience a deep relaxation.

#### 2) SUNNY ISLAND (length 5 mins)

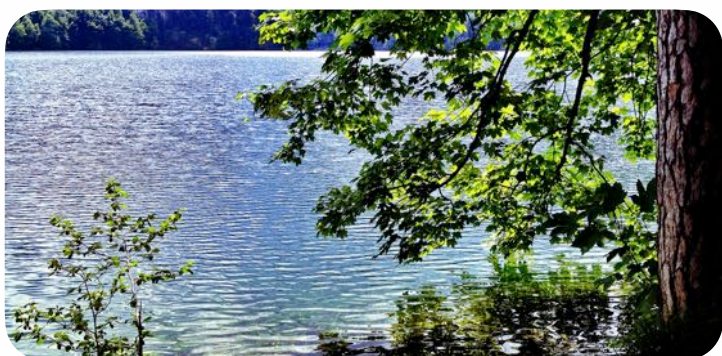
– Slow down in fantastic natural worlds on the Greek island of Crete –



Immerse yourself in beautiful, unspoiled landscapes on the sunny island of Crete. Turquoise seas and white sandy beaches are the perfect invitation to dream away and just slow down. Discover fascinating gorges and unique rock formations -- and relax on the banks of untouched streams. Continually discover new details in this 360° world without being distracted by the outside world.

#### 3) GREEN MOUNTAINS (length 5 mins)

– Relax in the lush green mountain landscapes of Bavaria –



Enjoy the beauty of the alpine uplands on a beautiful summer day. Babbling brooks, peaceful mountain lakes, rippling waterfalls and green forests allow for a particularly deep and pleasant relaxation and stress reduction. According to the Humboldt study for Magic Horizons, the green colors have a particularly calming effect.

#### **4) DOLPHINS' DANCE** (length 5 mins)

##### **- Swim with dolphins (Part 1) -**



Have you ever dreamed of swimming and diving with dolphins? Now you can make this wish come true with Magic Horizons in Virtual Reality. Dive in with a group of dolphins and watch their magical dance. The soothing, relaxing effect of the dolphins on the human psyche has been proven.

#### **5) DOLPHINS' DREAM** (length 5 mins)

##### **- Swim with dolphins (Part 2) -**



The magical journey with the dolphins continues. You'll set off on another journey with these wonderful mammals. Stress at work or during a treatment fade into the background. Diving with dolphins has a soothing effect on the human psyche and is particularly realistic and relaxing in Virtual Reality.

#### **6) MYSTIC TEMPLES** (length 5 mins)

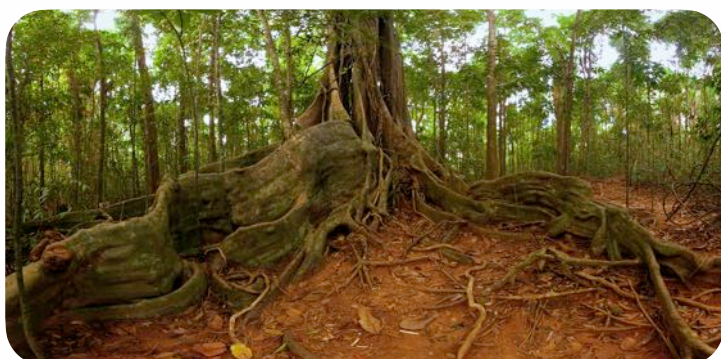
##### **- Unwind in mystic temples in Thailand -**



Visit the impressive temples of Wat Phra Si Sanphet, Wat Ratchaburana and Wat Phra Mahathat in Ayutthaya and relax with calming flute melodies. The feeling of "presence" in Virtual Reality while enjoying the impact of the old temple ruins will quickly take you out of daily stress and rush to a place of silence and contemplation.

#### **7) DEEP JUNGLE** (length 5 mins)

##### **- Gather new energy in a green jungle -**



Mighty old Makayuk trees in the middle of the Thai jungle on Koh Kood island offer a safe place to escape life's "mental hamster wheel". Gather new mental energy at work or reduce your stress during a treatment. As above, according to the Humboldt study, shades of the color green have an especially relaxing effect on the human psyche.



### **8) GORGE WALK** (length 5 mins)

**– Gain energy within a gorge in the Alps –**



Gain energy in the unspoiled landscape of the Alps. Relax on a guided high-altitude hike in Virtual Reality and let your soul relax on clear mountain streams. That color “green” again – it has a beneficial, relaxing and liberating effect on the human psyche.

### **9) GOLDEN AUTUMN** (length 5 mins)

**– Relax on a spectacular autumn day –**



Breathe deeply on a beautiful autumn day in Lithuania. Golden leaves, cozy forests and romantic lakes invite you to linger. The beauty of this landscape, combined with the binaural music, quickly leads to a relaxed state – leaving stress and exhaustion behind at the touch of a button in Virtual Reality.

### **10) DAY AT THE RIVER** (length 5 mins)

**– Peacefulness in the wild mountains –**



Find peace on the Isar River in the Bavarian mountains. Just let go and watch in Virtual Reality the turquoise water of the river flow through this original landscape. The cool, clear water lets your everyday thoughts take a back seat. The turquoise green color has a particularly calming effect on the human psyche.

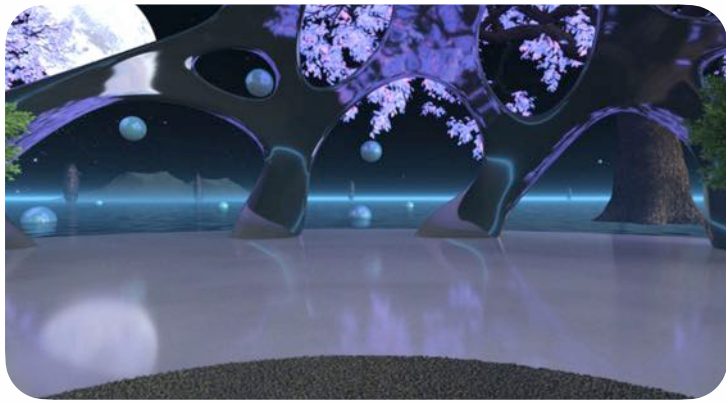
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## **B) BINAURAL BEATS**

The scientific benefits of “Binaural Beats” are extensively analyzed in the previously mentioned Humboldt study: it’s about sine waves for the left and right ear, that differ slightly in their frequencies. This slight difference generates the appropriate beats in the human brain, which move it to the respective frequency condition. In our experiences below, music is used to fit with the different frequencies. In the selection menu, users can also listen to just the sine waves without music. In a beautiful virtual relaxation room, you’re also shown the wave movements to engage your eyes as well as your ears, which enable you to dive in and relax even more deeply (= immersion).

### **1) DELTA WAVES** (length 10 mins)

#### **- Deep relaxation with Delta Waves -**



“Delta Waves” represent deep relaxation, sleep, the subconscious. They are offered in the 1 Hz and 2 Hz range. Here, a visitor is in a virtual relaxation room, where the visual backgrounds change slowly as part of a “dream journey”. The music is particularly slow and calm.

### **2) THETA WAVES A** (length 10 mins)

#### **- Mid-level relaxation with Theta Waves A -**



“Theta Waves A” represent dreaming and mid-level relaxation. They are offered in the 4 Hz and 5 Hz range. In this experience, the virtual relaxation room is in a beautiful underwater world.

### **3) THETA WAVES B** (length 10 mins)

#### **- Light relaxation with Theta Waves B -**



“Theta Waves B” represent light relaxation. They are offered in the 6 Hz and 7 Hz range. Here, the virtual relaxation takes place in a “white room”. The visitor focuses only on the sine waves, music and visualization of the frequencies in Virtual Reality.

### **4) ALPHA WAVES** (length 10 mins)

#### **- New energy and creativity with Alpha Waves -**

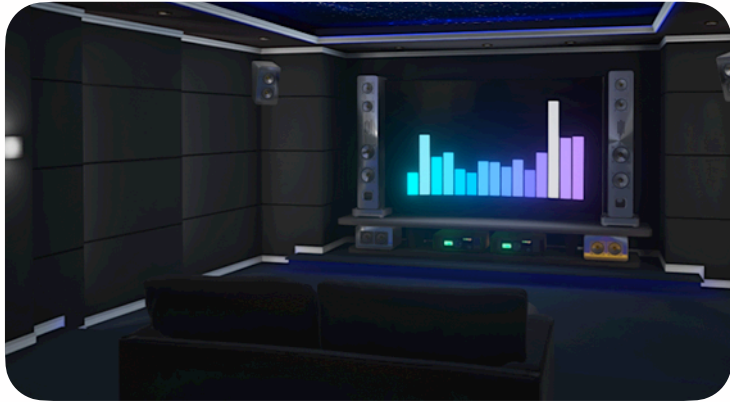


“Alpha Waves” represent daydreaming and a relaxed state of awareness. They are offered in the 9 Hz and 10 Hz range. In this experience, the virtual relaxation room is a beautiful desert landscape.



## 5) SOUNDWAVE CINEMA (length individual)

### - Relaxing binaural nature sounds in a virtual home cinema -



In “Soundwave Cinema”, you have the choice of several soothing nature sounds such as brooks, rivers and waves, as well as musical sounds of Tibetan bells, hypnotic sequences and percussion -- within a virtual home cinema. All is mixed in binaural audio technology. Tune in and relax in Virtual Reality.

## 6) Color Rooms (length 5 mins each)

### - Relaxing in different color rooms -



In the Color Rooms you can relax undisturbed in different colored rooms in virtual reality:

- Blue stands for serenity, trust and longing
- Yellow stands for optimism and joy
- Green stands for security and hope
- Purple stands for dignity, mysticism and protection

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## C) INTERACTIVE EXPERIENCES

Our interactive experiences are especially effective thanks to the fully isolated display of the Virtual Reality headset. In scenarios developed specifically for this purpose, two controllers are used to offer a particularly interactive and relaxing immersive experience. You can playfully attain a relaxing flow state in the “Crystal Cave” or draw patterns in the sand in the “Zen Garden” with a virtual rake. Keep your mind sharp with the interactive “Number Training”. “Kinesiology” is a training for the hand-eye coordination. “Moon Experience” is an interactive throwing game on the moon. Enjoy “Wishes and Affirmations”: here you can establish your wishes and affirmations.

### 1) CRYSTAL CAVE (length 6 mins)

#### - Conduct light and color in a fantastic crystal cave -



You’re in a magic “Crystal Cave” and can send out light particles, flowers, leaves, butterflies, fireflies and white balls of light. It’s not only a lot of fun, but also challenging: the more vigorously you move the controllers with both hands, the more particles are sent out - the virtual world reacts to the user. The purpose of this experience is to forget your everyday stress by actively taking part in the game and enter an all-important “flow state.” The “Crystal Cave” is also an intuitive 360° movement game that people with restricted mobility can play from their chairs.

## 2) ZEN GARDEN (length 6 mins)

### - Relax in a customized Zen Garden -



Welcome to the “Zen Garden”. In an authentically and lovingly designed Japanese landscape, a beautiful Zen Garden is waiting for you. Choose from three virtual rakes and relax by drawing patterns in the sand. In addition to that, you can move across the landscape by magically “beaming” yourself throughout the garden. In the Humboldt University study, it was shown that light interactivity can allow you to quickly enter a wholesome mental “flow state.”

## 3) NUMBER TRAINING (length 4 mins each)

### - Playful number training -



A relaxing experience for young and old. In a wonderful 360° world, you can playfully relax and train your brain at the same time. Your task is to discover a special number, for example “3” from a range of numbers as they “rain down” from the virtual sky. The numbers appear all around you. The purpose is to find the right numbers in a 3D world. There are four different levels of difficulty as well as numbers and symbols. A playful, relaxing experience for people of all ages.

## 4) WISHES & AFFIRMATIONS (length individual)

### - Deepen your wishes and positive affirmations -



This experience is split into two parts:

- Wishes: The way we are mentally programmed has an important influence on our mental health. In “Wishes”, you start off in a beautiful forest. You can pick up to seven magic leaves and record on them your wishes and goals. In a second magic world, you fix these leaves with your wishes on your own wishing tree.
- Affirmations: There are many positive affirmations that can help us to achieve our goals more easily in everyday life. Normally, affirmations have to be read in a book or written down. In “Wishes & Affirmations”, you can experience them much deeper in Virtual Reality: You can pick another seven leaves and listen to the given affirmations to motivate and support you.



## 5) KINESIOLOGY (length individual)

### - Trace exercises for an improved hand-eye coordination and concentration -



Hand-eye coordination, as well as movement with hand and arm, is already quite a challenge for many people - especially children. In this experience, the very precise tracing of the lines with the controller requires a high level of concentration. In particular, tracing the “lying figure 8” is another method of stimulating both halves of the brain and connects them. The right half of the brain controls the left side of the body and the left half of the brain controls the right side of the body.

The purpose is:

- To train hand-eye coordination
- To train the hand and arm movements
- To improve the ability to concentrate
- To improve the ability to trace different shapes, figures and patterns

## 6) MOON EXPERIENCE (length individual)

### - Throwing and relaxing game on the moon -



Escape your everyday working routine and experience an interactive throwing game on a fantastic moon landscape. The purpose is to throw suns, stars and meteorites into a purple hole. To do this, the object must be held with the index finger and released when throwing. This simple exercise offers mental breaking in an extraordinary virtual environment as well as coordination of throwing and finger control. It is easy to participate even though the experience requires skill and concentration in order to relax within a “flow state.”

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## D) DREAMS & MEDITATIONS

Using guided breathing and sleep enhancing exercises, meditations and fairy tales are read in a soothing voice to help achieve a state of deep relaxation, slow breathing, and regeneration of the mind and body. At the same time, the virtual environments provide thorough visual relaxation.

### **1) BREATHE & RELAX** (length 7 mins)

#### **- A guided breathing and relaxation exercise -**



Let yourself fall and take a break. Experience deep relaxation in a beautiful animated landscape, where you will be guided through with the help of your breathing. By focussing on your breathing, you will enter an increasingly deep state of blissful peace, safety and stress reduction. Two different Virtual Reality scenarios support the successive relaxation of the mind and body.

### **2) FREE YOUR MIND** (length 7 mins)

#### **- A guided meditation -**



Relax by a quaint, real brook with the “Free Your Mind” meditation. This is about finding your inner peace and freeing your mind of the constant “carrousel of thoughts”. Switch off in between to alleviate getting worked up by long “to do” lists. Listen to the voice, the babbling brook and relaxing music. The 360° sensation will considerably increase the effect.

### **3) THE INNER SMILE** (length 5 mins)

#### **- A guided meditation -**



“The Inner Smile” is a guided meditation at a beautiful beach in Thailand. It’s all about the gift of smiling and releasing negative feelings and worries. This meditation can positively affect your mood. Gaze at the beautiful beach and allow your thoughts to come to rest. Feel the energy of the smile on your face. Listen to the gentle voice.

### **4) ECHOES IN WHITE** (length 5 mins)

#### **- A journey through magnificent fantasy worlds -**



“Echoes in White” guides you through three different worlds. You’ll start in space on an asteroid, when a white “Echo Ball” will take you to the “Green Oasis”, before another “Echo Ball” takes you to the “White World” - a magical, animated world, where dreaming and lingering are encouraged. According to the Humboldt study, the peaceful 360° cinematography and atmospheric images enable a relaxing Virtual Reality experience.



## 5) FAIRY TALES (length 10 mins each)

### - Famous fairy tales -



Walk into the virtual entrance hall. You'll be transported to a 360° setting, depending on the fairy tale. Professional storytellers take you to the virtual world of the Brothers Grimm and in future other beautiful fairy tales from all over the world. You'll be accompanied by gentle music and can fully devote yourself to the flow of stories. It's a "fairy-tale" way of slowing down in Virtual Reality.

## 6) SLEEP WELL (length 7 mins)

### - A fabulous relaxation trip before sleep -



Floating on a cloud, carried by the lightness of being, this is a relaxing journey to sleep in 360 worlds which block out the outside world. Listen to an Indian fairy tale that yields pleasant tiredness, fades your everyday worries and gently leads you to sleep. Sleep well!

## 7) MAGIC GARDEN (length 4 mins)

### - A poetic journey into fantastic worlds -



Daydreaming in worlds full of art and poetry. Experience a surreal dream in a Tuscan landscape, where a dove knocks over a glass of ruby red wine, which slowly bubbles upwards and colors the clouds. Floating images dissolve and regroup. Leaf dancers show us their magical dance. Daydreaming is a creative alpha state that enables you to gain new creative energy.

## 8) COOL DOWN (length 5 mins)

### - Cool down and relax in the arctic ice world -



Clear your mind with a virtual trip to Antarctica. Experience the majesty of the icebergs and the crystal clear Arctic Ocean. Here you will experience a mental relaxation and "cooling down", as the 360 degree ice worlds appear in virtual reality at your fingertips. A very special mental "cool down" experience.

## 9) GRATITUDE (length 6 mins)

### - A guided meditation -



This guided meditation is about gratitude. Gratitude is the key to more satisfaction, serenity and health. In virtual reality you experience this meditation in a beautiful place by the sea and can dedicate yourself completely to the topic of gratitude without being disturbed by the outside world.



**Video link** to the description of the VR experiences:  
<https://youtu.be/TlwO7sMAail>

  
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