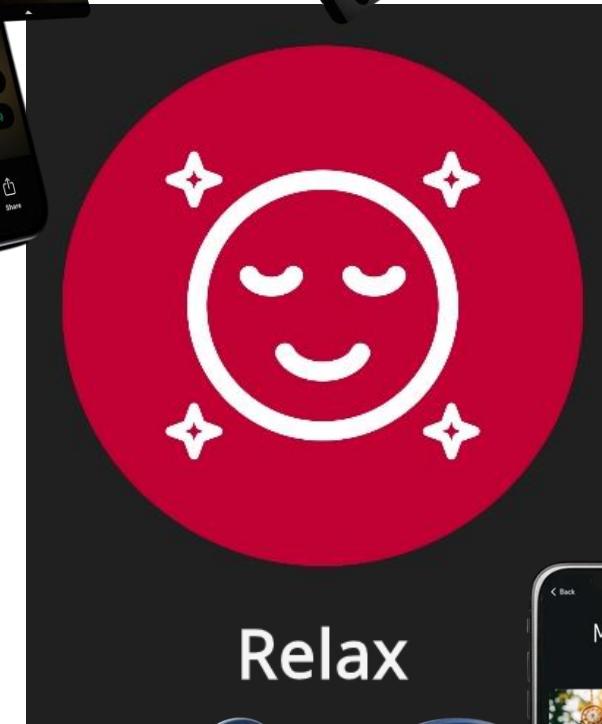


NeuroVIRZ

Relax Collection



RELAX

- These **sessions** mark a major leap forward in how we use light and sound to positively influence the brain.
- These sessions combine carefully synchronized **light patterns** (“light choreography”) with **custom-designed soundscapes** to create a deeply immersive experience.
- Each session is built around a unique **signal vector**—think of this as a guiding “theme” or “intended direction” for your brain to follow.
- The **soundscapes** are carefully engineered. Your brain naturally wants to “lock on” to patterns, so fully composed music can become a distraction.
- Instead, it uses “**mood framing**”—a subtle musical tone that matches the theme of the session without taking over.
- This balance helps keep your focus on the **light signals**, which are key for stimulating effective neuroplasticity.

What to Expect - Probability, Not Promises:

- While these sessions are designed with specific outcomes in mind, **it's important to understand that the brain's response is based on probabilities, not guarantees.**
- Approaching each session with **curiosity and openness**, rather than fixed expectations allows you to benefit most from its potential outcomes.
- Just like physical fitness routines yield different results for different people, your experience may vary depending on:
 - Your mood / Your brain's current state / The time of day or personal factors

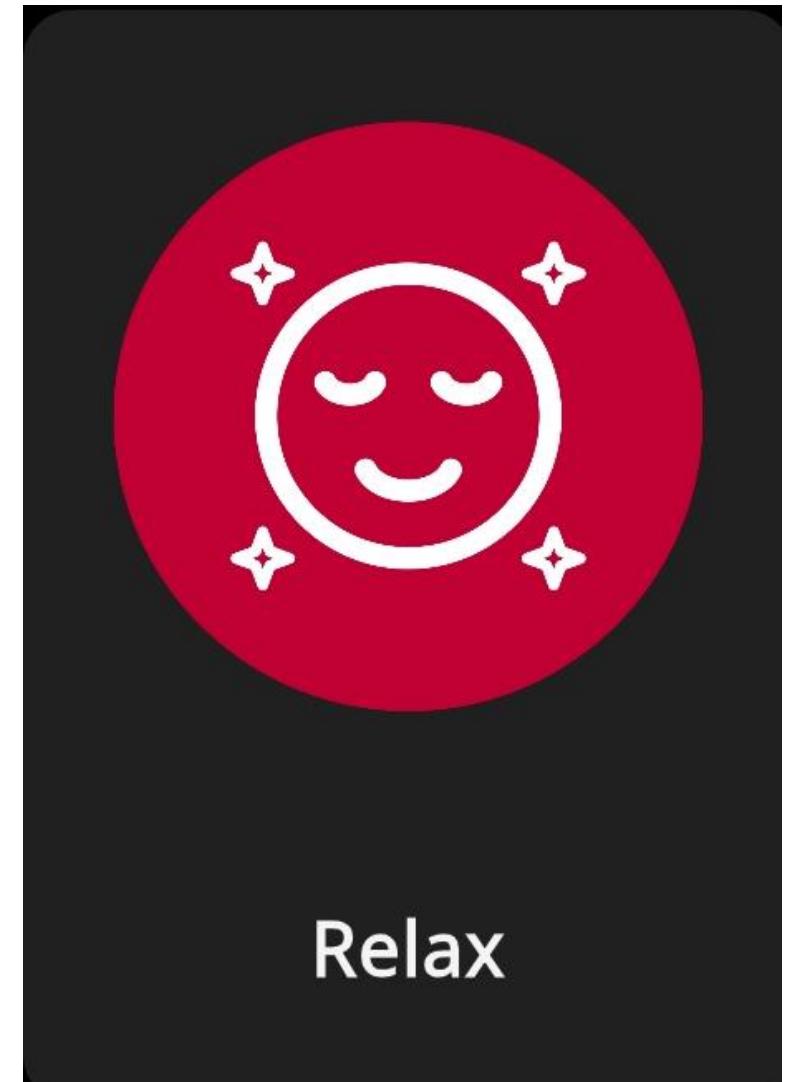
How They Work - Supporting Neuroplastic Change

These sessions are more than just relaxing or stimulating.

They're neurological compositions crafted to:

- **Prepare the brain / Guide and challenge its activity / Reinforce and reward positive changes.**

They are rooted in real neuroscience research and designed to help the brain move from temporary state shifts to lasting **trait-level improvements**.





Relax

Find Calm Relaxation

- These sessions budge you into states of calm and relaxation using combinations of light frequencies from the Alpha, Theta, Delta and Gamma ranges as well as auditory brain signaling including binaural, isochronic and monotonous beats.
- Spend time easing into these sessions with deep breathing and avoid rushing back into your day by consciously transitioning when the session finishes.

Relax

Relax

Sessions Routines

Sessions Routines

Now Just Relax Big Peace Gamma Gamma

11 min 11 min 11 min

Gentle Moves Peaceful Heart

11 min 11 min

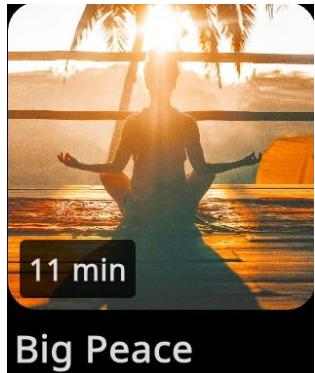
Stress Reduction
Reduce your stress levels.

6 days

More about the – Relax Sessions



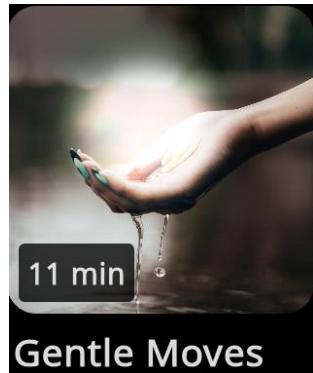
Now Just Relax



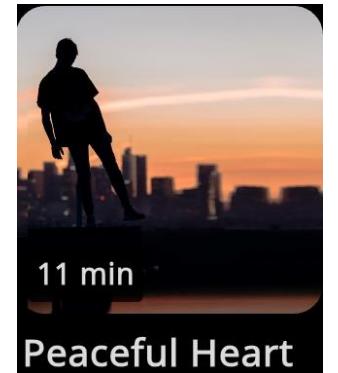
Big Peace



Gamma Gamma



Gentle Moves



Peaceful Heart

The concept is deceptively simple – Now, just relax – yet it remains a skill that slips through the grasp of many. Approach it with humility and the openness of a beginners mind, allowing yourself to truly learn, experience and embody the art of letting go.

Peace can sound gentle but NIG PEACE has more requests and even a few demands. It also means the resolution of conflicts.

Big Peace will stretch you to dissolve obstructions and limits. Peace comes at a price.

Gamma Gamma journeys through the vast skies of the mind, soaring high into expansive mental space, then occasionally diving deep into the hidden depths of the ocean.

It moves effortlessly between these realms, blending wide-open exploration with moments of profound immersion and discovery.

Like the whisper-soft, flowing movements of IQ Gong, where mind and breath merge seamlessly into graceful motions of the body, Gentle Moves becomes a quiet dance of harmony.

It is a beautiful celebration of Yin potency – soft yet powerful, subtle yet deeply nourishing to both body and spirit.

Few experiences are more precious than dwelling in the presence of a Peaceful Heart. Step into it as you would a sacred temple. A place of refuge, quite strength and timeless wisdom where you van rest, renew and remember the deeper calm that is always within you.

Structured Routine: **BASIC DAILY STRESS REDUCTION**

- Take a one-day break after Day 3 and then repeat the cycle.
- Starting the day with “Better Sleep” session, helps harmonize your Circadian Cycle.
- It is ideal to perform the Better Sleep session early in the day, preferably between 6-9 AM if possible.
- For enhanced benefits, consider incorporating some Guided Breathing exercises before and/or after the session. To prevent stress from building up, schedule the Mind States session at a convenient time during the afternoon.
- This session can help you relax and maintain a balanced mental state throughout the day.

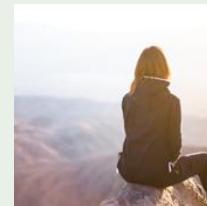
**1 RESTING DAY BEFORE
STARTING OVER**

DAY 1:

Go to Better Sleep Collection:
Choose 6 AM - 9 AM and Select
Dawn



Regulate Mood Collection:
Select:
Calm Down

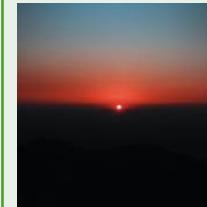


OR Peaceful Heart



DAY 2:

Go to Better Sleep Collection:
Choose 6 AM - 9 AM and Select
Day Break



Relax Collection:
Select:
Gentle Moves

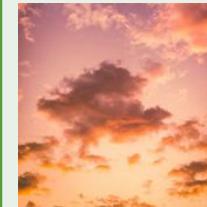


OR Big Peach



DAY 3:

Go to Better Sleep Collection:
Choose 6 AM - 9 AM and Select
Sunrise



Regulate Mood Collection:
Select:
Bye Bye Blues



OR Heart Space





MAINTAIN GOOD MENTAL HEALTH
BY ADAPTING IN THE FACE OF ADVERSITY.

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