

VR MEDITATION: THE ANSWER TODAY'S BUSINESS CHALLENGES

THE POWER OF VR

Virtual reality "tricks" the mind into respond to the Virtual environment as if it were real.

VR meditations in nature have the same effect on the mind as spending time in nature allowing us to calm down, recentre and re-energise

This technology lends itself to being part of the solution to business challenges of stress, anxiety and burnout.



THE SCIENCE BEHIND SOLAS VR

MICROBREAKS

...boost productivity and focus, especially when the employers find themselves in nature- in a real or virtual context.

- Organizational Behaviour Journal
- Stanford University Research

PRODUCTIVITY

...increases as mindfulness meditation helps the mind to be more focused and reduces cognitive rigidity due to fixed and repetitive thought patterns. Thus, it allows the individual to be more open minded and malleable.

- PLoS ONE 7
- Forbes Magazine

VR TRAINING

....is more effective as participants learn 4 x faster and they are 4x more focused.

- PWC experiment

TEAMWORK

and job satisfaction are positively impacted where mindfulness (and VR mindfulness) practices are applied.

- Archives of psychiatric nursing



THE POWER OF MEDITATION SIMPLY DELIVERED

Easy to install , Deploy and Experience

Featuring 360 videos from natural landscapes, sounds and guided meditations, the Solas VR meditation App instantly transports users to nature, even those of us living and working in busy, noisy urban settings.

SolasVR delivers a mix of 3 DoF and 6 DoF content, with beautiful nature scenes, different sounds and guided meditations - ideal for microbreaks that boost performance and for mindful sessions before meetings, presentations or any stressful situation. The simple breathing exercises and calming rituals are stress relieving and the antidote to burnout and anxiety.

Solas VR is designed to deliver better work-life balance in the simplest and most accessible way. VR technology and mindfulness working together in harmony allowing the mind to unwind and focus, in the easiest and most intuitive way.



Frequently Asked Questions

Do we need to train our users to meditate?

Users don't need to have meditation experience or training. The Solas VR environment is very simple. Users need only to enter the experience and Solas VR guides them through the process and experiences .

Do the experiences take a long time?

No, the impact is instantaneous - that is the power of VR - It transports the user to a beautiful meditation space they immediately feel part of.

Can anyone use it?

The Nature-based experiences appeal to people of all ages, cultures or religious backgrounds.

Are there many benefits to it?

Yes, research shows that mindfulness and/or breathing exercises improve our concentration levels, our ability to absorb information and our decision making .