

The Science behind Solas VR

Solas VR Meditation App is designed to respond to current corporate and personal needs—especially regarding productivity, focus and well-being. The cornerstone of this project is the scientific and research findings, in all three areas of the VR power, and training effectiveness.



02 Productivity

There are multiple ways Virtual Reality and Solas VR App in particular boost productivity.

- Through the mental journey to nature, the mind relaxes and unwinds. Hence, Solas VR users find it easier to focus and perform complex projects, compared to the ones that have not yet adopted VR.
 - Researchers have proven the direct power of microbreaks to productivity. Microbreaks are short breaks during the work day, that allow the mind to take a step back, relax and see projects with a fresh eye. Although chatting over the water tank is a type of microbreaks, scientists consent that even a short walk in nature is the perfect micro-break.
 - Combining the power of Virtual Reality Technology with nature-based meditations in Solas VR App, it becomes obvious how impactful Solas is to productivity, in any working environment.
- *Organizational Behaviour Journal*
 - *Stanford University Research*
 - *Journal of Applied Psychology*
 - *Cogent Engineering*
 - *Journal of Applied Economics*

01 The power of VR

Virtual Reality Applications trick the mind so that it responds in a way similar to the real experience. For example, breathing in nature via Solas VR refreshes the mind and soul, regardless if the person is in the middle of a busy city.

- *The international handbook of virtual learning environments*
- *G2 Crowd*

03 VR meditations



BETTER TRAINING EXPERIENCE

Few minutes of VR meditation before training allows the mind to focus more.



EFFECTIVENESS FOR ALL

Solas VR app does not require any kind of prior training. Its use is intuitive and the results are excellent, in the most inclusive way.



OPENMINDNESS*

VR meditations open the mind and prepare it for easier absorption of new information.



TEAMS COLLABORATION

Sharing VR mindful experiences boost the team spirit a work

**PWC case study on VR Training*