

Be More

Productive.
Focused.
Creative.
Healthy.
Happy.

A presentation for the VR Meditation app. The relaxation starts here.



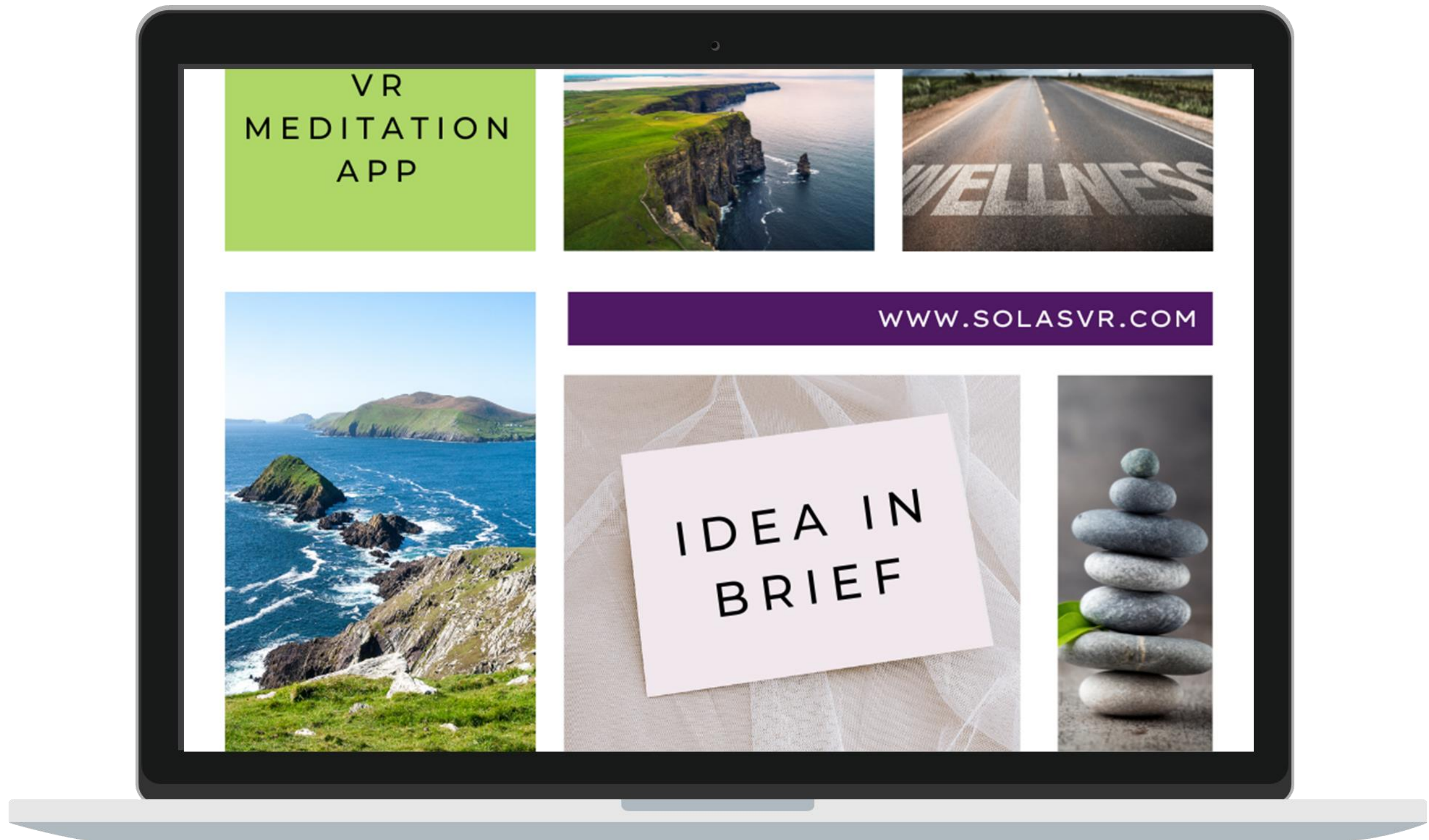
What is Solas VR Meditation app



Solas VR meditation app is the result of long term scientific and empirical **research** about the impact of VR in well-being. Our app, through different modules and exercises allows the mind to restart, to cope with stress and anxiety and to have better focus and openness to new ideas.

As a result, Solas VR meditation app has proven to be effective in **productivity** boost, better focus, better **training** results and an overall sense of **wellness**, beneficial to all aspects of life.

- The uncertainty of current times demands a new approach to employee health and **job satisfaction**. Employers who prioritize corporate mindfulness gain a sustainable competitive advantage, here and now.
- Solas VR meditations are ideal for **micro-breaks**; they allow the mind to experience a relaxing and refreshing time off in nature, while at work. VR technology triggers the mind in the same way the real experience does, meaning the effects of a Solas VR microbreak mirror those of a walk in nature.
- Mindfulness programs, like Solas VR app, help leaders and employees reflect effectively, focus sharply on the task at hand, master peak levels of stress, and recharge quickly. On an organizational level, mindfulness **reduces sick days**, increases trust in leadership, and boosts employee engagement.
- As Work From Home is here to stay, managers, teams and employees face new challenges- from team coherence to work/life balance. Solas VR meditations can be an experience shared by team members in different locations, while allowing the mind to relax and to **cope with stress**. As doctors and other specialists posit, remaining calm while working from home is a key to productivity and wellness at large.



The “REALAXATION”

“Realaxation” is the state of being relaxed and focused after a close-to-real VR experience. Our mind, when receiving messages from virtual reality contexts, it responds as it would to the real experience.

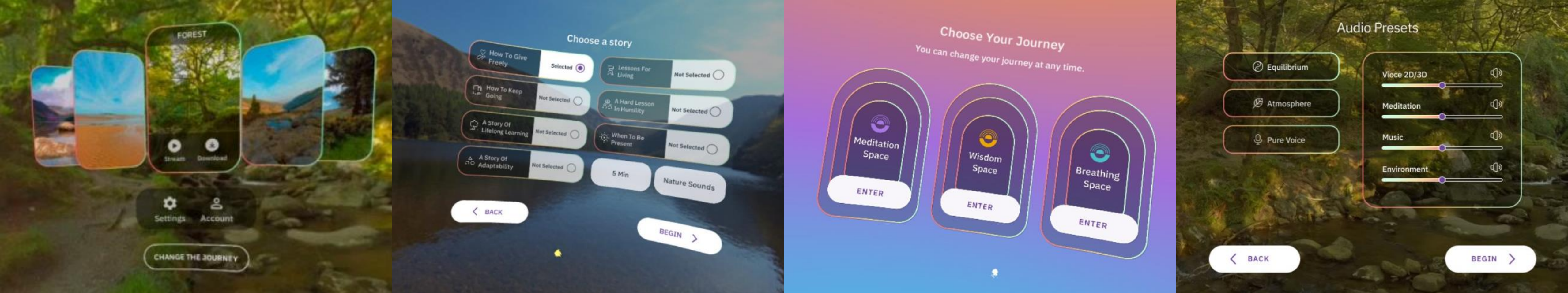
Hence, a short meditation in nature between meetings, or before an important presentation, calms the mind and reduces stress the same way a real walk in nature would do.

 BCG

THE BOSTON CONSULTING GROUP

“Mindfulness programs help leaders and employees reflect effectively, focus sharply on the task at hand, master peak levels of stress, and recharge quickly. On an organizational level, mindfulness reduces sick days, increases trust in leadership, and boosts employee engagement. What’s more, mindfulness helps to unlock the full potential of digital and agile transformations. New processes and structures are just the starting points for these transformations.”

Boston Consulting Group Report, 2018

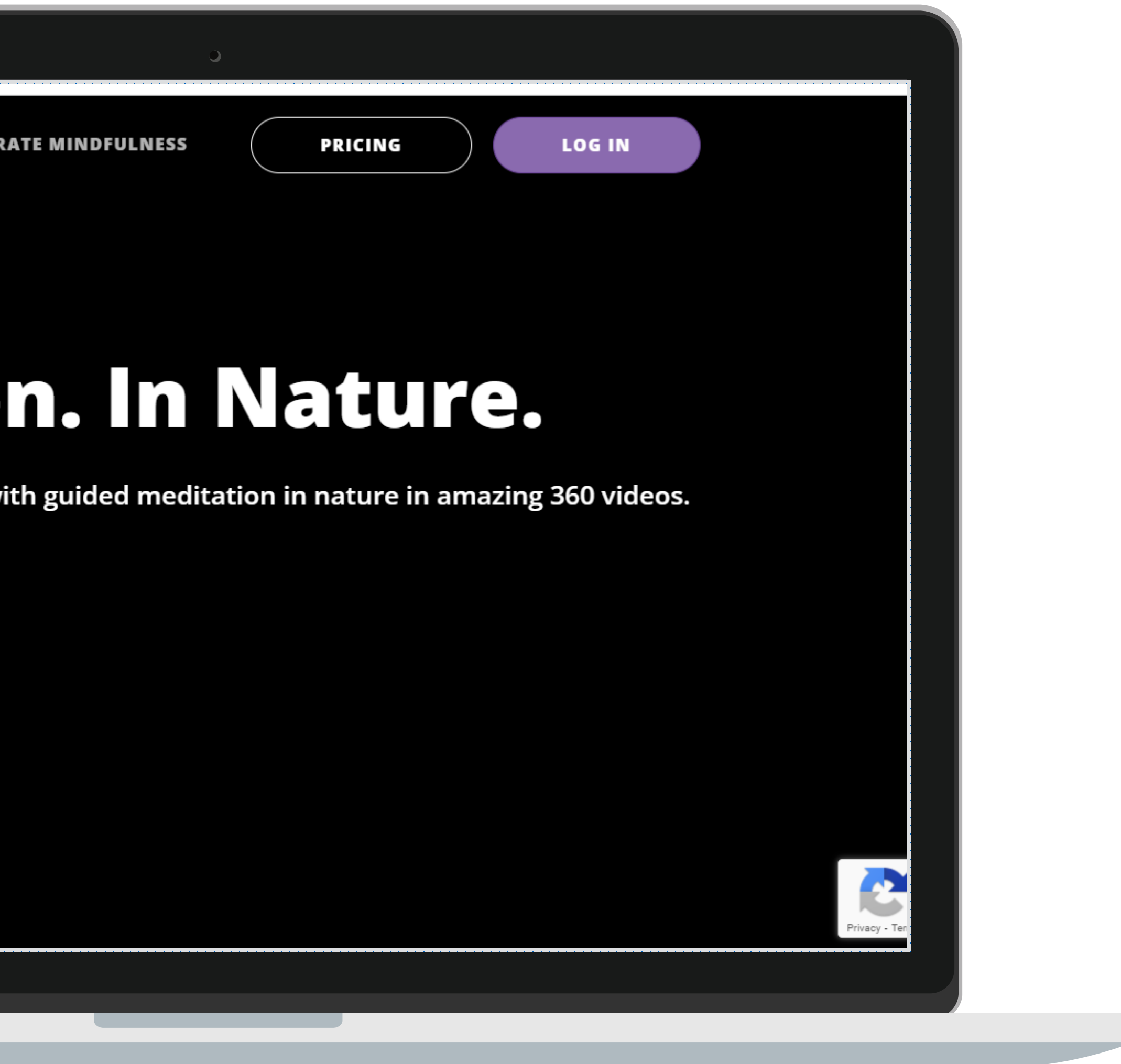


Mindfulness for teams and individuals.

SOLAS VR app allows the users to tailor their experience based on their needs and time. Three different areas – the meditation space, the wisdom space and breathing exercises, propose different guided meditations tailored to the expected outcome.

Either as an individual or as a team, all users of Solas VR app enjoy better focus, clarity of mind and management of stress as the exercises **create space** between the inner calmness and the frenzy daily life. When we manage to get in touch with our calm self- that is always there but hidden by the external noise- then we create a shortcut to better focus, stress relief and happiness.

About Solas VR



Solas VR is so much more than any meditation app. With guided meditations, tailored for modern people, this is the **perfect option to reconnect with nature** and take a little bit of time for yourself. The guided meditations can be easily downloaded from the app store or purchased directly from our website.

Virtual Reality “tricks” the user’s body into thinking they are in the natural environment of these locations shown in the videos. This **triggers the endorphins** in the exact same way that when at these locations set in nature. The endorphin release allows for increased feelings of calm and increased feelings of wellbeing.

A New World of possibilities

So far, Solas VR app has been successfully adopted by a multitude of industries:

HEALTH CARE

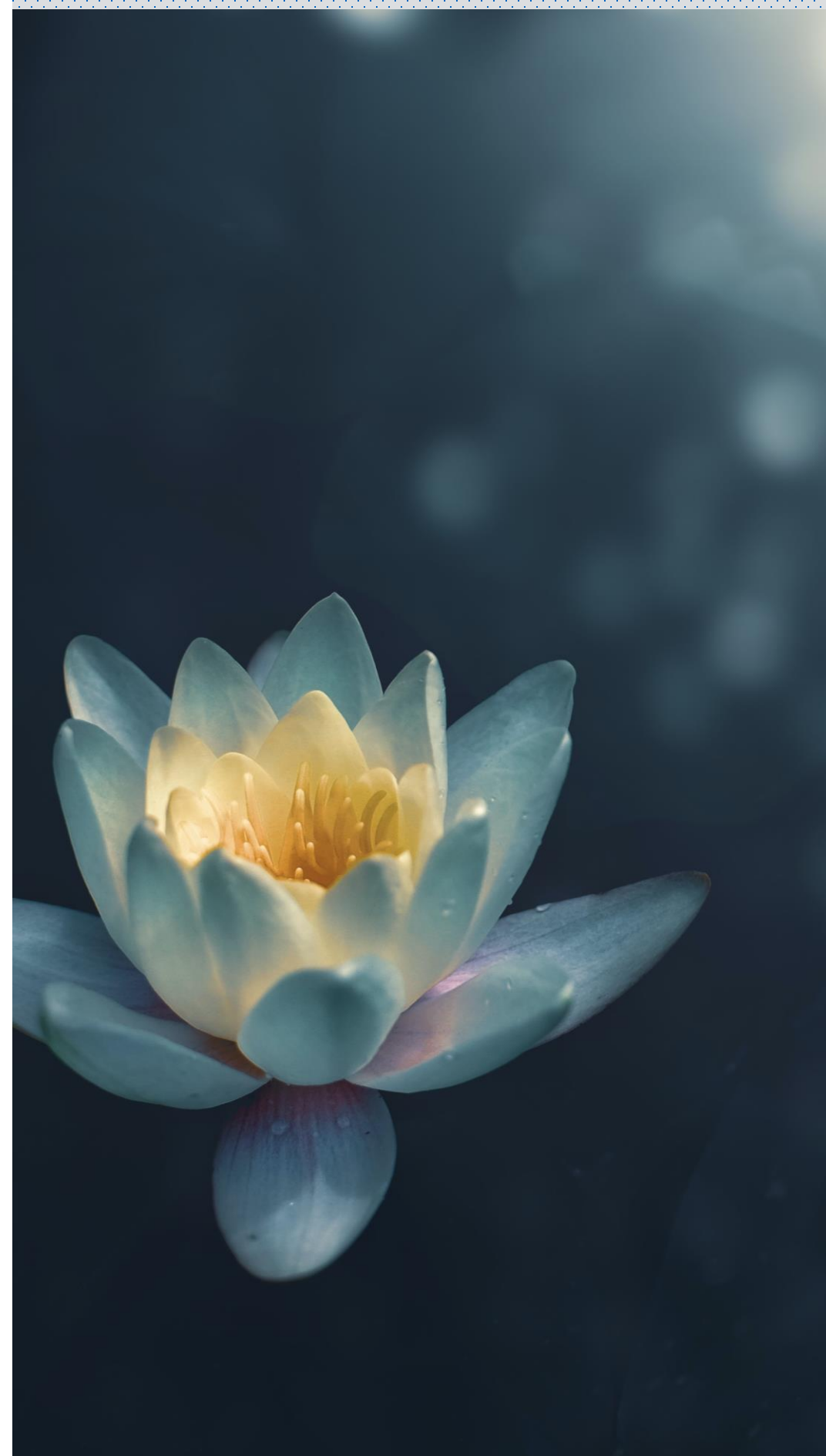
Supporting patients through meditation sessions, exercises and a series of VR tasks to keep them focused, positive and calm.

HOME CARE

Supporting carers with VR demonstration of machine functionalities, drug dosages, first aid training. And, allowing the patients to socialize through the app by joining virtual events, while kept calm and relaxed.

TRAINING

Preparing the mind to absorb new knowledge as it is calm and focused when the training session begins.



 Pico



Two new modules will be launched shortly.

We support adaptation, hence we adapt. Two new interactive modules are about to be launched, presenting the VR users with new, interactive ways to relax and cope with stress and negative emotions.



LEARN MORE:

WWW.SOLASVR.COM

GET YOUR FREE TRIAL:

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