

# Mindfulness

## Virtual Reality Environments

Virtual environments made to train and practice exercises on focusing attention, emotional regulation and creation of positive states.

### Conscious walk

Enviroments of a meadow with full attention exercises.  
Duration: 15 minutes. Level: Beginner

### Body Scan

Mental journey of the whole body. Based on a mindfulness exercise, it's also possible to carry out Relaxation through induction inside the Jacobson relaxation program.  
Duration: 5 minutes. Level: Beginner-intermediate (depending on the variable settings)

### Spring Summer

Journey with full-attention exercises in two places that correspond to two different seasons: spring and summer.  
Duration: 22 minutes. Level: Beginner.



Conscious Walk



Corporal Scanning



Spring Summer

