






























brainLight® relaxTower *Air*

Dear **brainLight**®-user!



















Please choose a program, enter the corresponding number and insert the required coins. Afterwards, please put on the headphones and have your visualization glasses ready if you pick a program that includes the visualization. Now, simply surrender to the delight of this wellbeing experience ... You can end your session at any time by pushing the star button. **Please enjoy your session without the visualization glasses, if you suffer from epilepsy, have a pacemaker, or if you are pregnant. Please choose a program without massage, if you are pregnant, have acute back complaints, suffer from thrombosis or osteoporosis, as well as if you weigh more than 140 kg / 308 lbs / 22 st.** If this is your first time of enjoying the holistic **brainLight**® wellbeing experience, we recommend: **Introduction, Program 01 (approx. 20 minutes)**

We wish you a wonderful experience!
Your **brainLight**®-team











Short Programs up to 10 minutes

Program 90: Lecture "Stress management" with stretch massage	  
Program 91: Lecture "Enhancing your creativity" with stretch massage	  
Program 92: Lecture "Building up self-confidence" with stretch massage	  
Program 93: Lecture "Background and function of the brainLight ®-System" with back massage	  
Program 94: Lecture "Easy learning" with back massage	  
Program 10: Positive affirmations for the beginning of your day with back massage	 
Program 11: Positive affirmations for the end of your day with back massage	 
Program 12: Neck massage (without calf massage) with the piece of music "Free flow"	 
Program 13: Neck massage (with calf massage) with the piece of music "Chill fit"	 
Program 14: Stretch massage with the piece of music "Energy"	 
Program 15: Stretch massage with the piece of music "Free time"	 
Program 16: Quick meditation "Stocking up on energy"	
Program 17: Quick meditation "Being powerful"	





20-minute Programs

Program 20: Back massage (without calf massage) with the piece of music "Fantasy"	 
Program 21: Back massage (without calf massage) with the piece of music "Space"	 
Program 22: Back massage (with calf massage) with the piece of music "Creativity"	 
Program 23: Back massage (with calf massage) with the piece of music "Wellpower"	 
Program 24: All inclusive wellbeing session with the piece of music "Deep insight"	 
Program 25: All inclusive wellbeing session with the piece of music "Do it"	 
Program 26: All inclusive wellbeing session: "Refreshed and cheerful within 20 minutes"	 
Program 27: All inclusive wellbeing session: "Tranquil and balanced within 20 minutes"	 
Program 28: Music session "brainFlight"	
Program 29: Narrated relaxation session "Journey through the body"	

30-minute Programs

Program 30: Back massage (without calf massage) with the piece of music "Sky"	 
Program 31: Back massage (with calf massage) with the piece of music "Chill out"	 
Program 32: All inclusive wellbeing session with the piece of music "Falling waters"	 
Program 33: All inclusive wellbeing session (without calf massage) with the piece of music "Freedom"	 
Program 34: All inclusive wellbeing session with the piece of music "Ocean"	 

40-minute Programs

Program 40: All inclusive wellbeing session with the autosuggestion "Dealing with stress"	
Program 41: All inclusive wellbeing session with the autosuggestion "Relax"	
Program 42: All inclusive wellbeing session with the autosuggestion "Overcoming anxiety"	
Program 43: All inclusive wellbeing session with the autosuggestion "Balancing your moods"	
Program 44: All inclusive wellbeing session with the autotrance "Creative problem solving"	