

THE JOURNEY TO WILDDIVINE



Adventure Gaming Series

The Passage & Wisdom Quest

MORE FUN FOR THE WHOLE FAMILY!

Step out of time and into an enchanting realm of endless possibilities! Practice breathing and meditation techniques as you navigate through a mythical world of towering waterfalls and beautiful gardens. This game-like quest will challenge you at each turn, as you learn to use your mind and body together to promote deep relaxation, improve focus and creativity, and restore balance.

"The Journey lets people influence what is happening in their body, in their mind, and in the world that they create every day."

Deepak Chopra, M.D.



"One of the most important tools you can incorporate into your life, to effect the quality of your life, is a deeper, slower breathing practice. The exercises in Relaxing Rhythms help you do just that."

Andrew Weil, M.D.

SYSTEM REQUIREMENTS 750MB of free space, available USB port

PC
800x600 24-bit color display
Pentium 4 or faster
32 or 64 bit Windows XP, Vista, or 7
QuickTime 6.5 or higher
3ivx Video Codec (included)

Mac
800x600 24-bit color display
1.25 GHz or faster processor
Mac OS X v10.2.8 or higher
QuickTime 6.5 or Higher
3ivx Video Codec (included)

iom Training Hardware sold separately.

RELAXING RHYTHMS INCLUDES:

- 30 guided meditations and breathing practices
- 15 practice events with variable difficulty settings
- iom Grapher Mode to track your body's signals in real-time (heart rate, heart rate variability, and skin conductance)
 - Online Training Guide & User's Manual
 - Installation disk for PC and Mac



FEATURING GUIDED TRAINING WITH:

Deepak Chopra, M.D.
Dean Ornish, M.D.
Andrew Weil, M.D.
Stephen Cope
Nawang Khechog
Sharon Salzberg
Joan Borysenko, Ph.D.

WILDDIVINE 

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Wild Divine combines state of the art technology and ancient wisdom to create rich environments for personal growth.

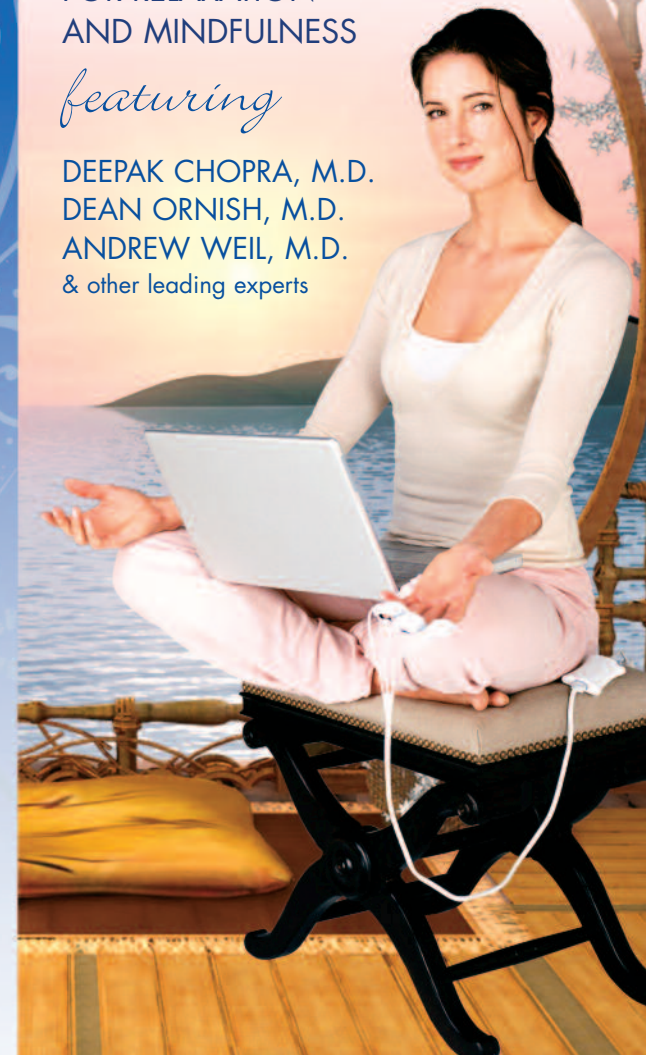
WILDDIVINE  presents

relaxing Rhythms™

MEDITATION TRAINING FOR RELAXATION AND MINDFULNESS

featuring

DEEPAK CHOPRA, M.D.
DEAN ORNISH, M.D.
ANDREW WEIL, M.D.
& other leading experts



the art and science of balanced living

WILDDIVINE 

relaxing Rhythms™



INTRODUCING RELAXING RHYTHMS®

The first whole-body training program to bring together three of the most prominent leaders in the field of personal development – Deepak Chopra, M.D., Dean Ornish, M.D., and Andrew Weil, M.D. Together with Relaxing Rhythms' beautifully interactive 15-Step Guided Training Program, you will learn the tools to help build a happy mind and body.

With just a few minutes of practice each day, you'll begin to experience the benefits of active well-being:

- Greater mental clarity
- Increased focus and concentration
- A quieter mind
- Improved creativity and problem solving
- A more balanced lifestyle

"Meditation is a perfect tool to help train you to return to your natural, healthy state of balance and wholeness."

Dean Ornish, M.D.



THE KEY TO BALANCED LIVING IS IN YOUR HANDS

Transport yourself to a new state of ease

Begin your guided training with relaxing breathing and meditation exercises led by experts in the field of personal development.

Practice these techniques along with your mentors as you listen to transformative music and watch soothing visuals rippling across your screen. Or switch to Grapher Mode and track your body's signals as they rise and fall in sync with your state of mind.

Watch your body respond in real-time, on screen!

Finally, watch your mind and body at play on-screen during the breathtaking practice events as you use your new skills to juggle balls with your laughter, build a stairway with your breath, and meditate to open doors! Increase the difficulty level of each challenge as you begin to master your new skills and are comfortable practicing them in everyday life.

YOU HAVE THE POWER TO CHANGE

Wake up to your life in new and profound ways. Wild Divine teaches transformative breathing and meditation techniques that help uncover your body's own natural ability to relax. Gain control over your physical and emotional responses to stressful situations, find new balance, and discover a new you.

Wild Divine's unique **iom** Training Hardware provides insight into your physiology. This insight drives your training and creates a uniquely effective learning environment.

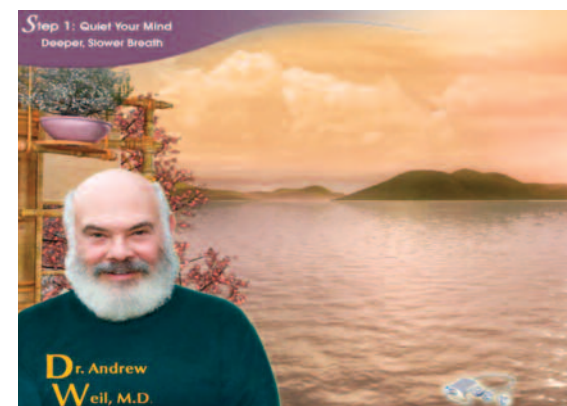


iom™
Training Hardware

iom Training Hardware sold separately



Begin your program in Guided Training Mode. Once you complete the 15-Step Training, you can customize your practice to fit your lifestyle.



Learn proven mindfulness-based stress reduction techniques from leaders in the field of wellness.



Watch your mind and body working together using the Breathing Tree exercise and many others.