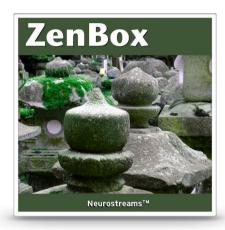
Link to the web store



**Duration:** 20 minutes

Eyes: closed

**Headphones:** absolutely

mandatory!

[Link] to the info page with the possibility to listen in

By the way: I spent the days after my wedding in Japan. That's where many of the Neurostreams™ photos were taken.

## What is special about this program?

This program takes you down to a spectacular 5.5 Hertz, an extremely low theta level that few meditators can ever reach.

The trick is not to fall asleep but to remain conscious.

Who is it best for? For advanced

meditators. What does this

## program consist of?

Just like the entire ZenBox of binaural beats and atmospheric sounds.

## When to listen?

I leave that entirely up to you. Be aware that you'll be pretty "slow" afterwards. So it's better not to listen to it before a sports competition.

## How to listen?

Just like the other ZenBox programs: undisturbed, paying attention to your breath.