



Duration: 30 minutes

Eyes: closed

Headphones: mandatory

By the way: Planet Relax is the big brother of the "Mini Alpha Breaks". Longer, more compelling. To introduce long breaks.

Not just "Reset", but turn off the power button.

What is special about this program? This session operates with alternating stimulation of the ears - and even with beats of the same frequency. As soon as a beat sounds on the left, the next one sounds on the right, and then immediately on the left again... and all this just over eight times per second!

This method is a magic trick for all people who find it difficult to relax because they are hyperactive, too hyper, too tense. Keyword: autogenic training.

Who is it best for? Workaholics. And people who come home from work and (have to) shift down three gears. And for anyone who wants to relax effectively and then relax afterwards.

What does this program consist of? Constantly changing (!) isochronous beats and musical soundscapes dominate this very relaxing program.

It starts at 13 hertz, and then goes straight into the alpha range, down to the low alpha plateau of 8.5 hertz.

When to listen? At the beginning of the evening. Or at the end of the working day on public transport. But please not in the car (totally forbidden)!!!

How to listen? Leaning back or lying down.

What to look out for when listening? Nothing at all. That's the beauty of it.

When does an effect occur? How do I recognize it? After 10 minutes you can feel it: I'm totally relaxed! The relaxation lasts for a remarkably long time.

How often should I listen to it? Why not every day after work?

What can I do wrong? Eyes open is a mistake, no headphones is also a mistake.