

The Window Channel Network Introduces

YOCALM CHANNEL

MIND | BODY | BREATH

Yoga, meditation and guided breathing videos to help manage stress and improve the wellness of each and every participant.



yocalm™ channel

Yocalm Channel presents world-leading experts from Yoga, Meditation, Energy, Medical and Musical fields. As an on-demand HD Video program series, you have wellness experts at your fingertips, anytime—anywhere.

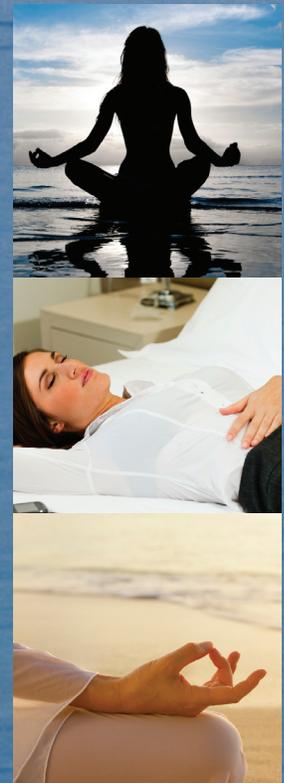
Yocalm Channel's captivating and engaging sessions vary from three to 60 minutes—everything from quick, guided breathing sessions that calm the nerves to longer yoga classes that get the blood flowing around the body and improve flexibility.

Yoga, meditation and relaxation techniques have been proven by doctors and medical experts to calm brainwaves, reduce the heart rate and allow the endocrine system to relax. The adrenal glands get a chance to recover, too. These all support the parasympathetic nervous system, which in turn helps the body control stress and hormone levels.

Let the Yocalm Channel empower your patients and caregivers to control their emotions. Understanding that the breath can control the mind, which in turn controls the body, can have astounding effect on people, giving them a deeper understanding of themselves and their bodies.

Stress is not negative; it's only negative if it is left to build and build over time without engaging a relaxation response. Yocalm is that response—and it prevents stress from becoming worse and thus reduces the overall negative effect.

Developed in collaboration with Yocalm Media's team of award-winning experts and The Window Channel Network, the Yocalm Channel is available for license for wellness and healthcare practitioners—and anywhere stress needs to be relieved.





yocalm™
channel

yocalm channel program series

Available for license by module or channel series. Designed for Interactive Networks and CCTV systems. Programs are available in both 1080p HD or standard definition.

Module 1-Yoga

Seated Yoga
Seated Yoga Level 2
Yoga for the Bigger Body
Yoga in Your Own Zone (wheelchair and less able users)
Yoga Divine
Yoga Om the Ball (Swiss ball yoga)
Yoga Imagine This
Yoga for Sport
Yoga, A Live Class
Yoga, Live Pranayama Relaxation
Sun Salutation (Surya Namaskar)

Module 2-Breathing

Yoga Abdominal Breathing
Breath Awareness
Yoga Alternate Nostril Breathing
Ocean Breathing

Module 3- Therapy & Energy

Introduction to the Chakras
Chakra Energy Meditation
A Sound and Restful Sleep
Breaking Any Habit
Dealing with Dementia



Yocalm's lifestyle media helps reduce stress, calm anxiety, help with relaxation and become a support tool in every day life. The Yocalm techniques are proven scientifically to have an actual effect on the body by calming the adrenal glands, resting the endocrine system and engaging the parasympathetic nervousness system—all of which lead to the reduction of the negative physical effects of stress.

Module 4- Relaxation

Yoga Spirit Relaxation (Savasana) – Anywhere
Yoga Spirit Relaxation (Savasana) – Lying
Relaxation and Stress Relief – Anywhere
Relaxation and Stress Relief – Lying
Switching off the Conscious Mind

Module 5- Meditation & visualization

5 minute Guided Meditation
10 minute Guided Meditation
Visualization

Module 6- Music

Hindu Raga Music, Tabla, Sitar – 40 minutes
Music for Yoga, Meditation and Other Joys – 90 minutes



The Window Channel Network helps to promote calm, aid in a patient's well-being and enhance their overall experience. Our goal is to produce the highest quality programming that complements your high standards of patient-centric care and elevate your overall outcomes. Proven to be remarkably effective in helping to reduce overly intrusive noise levels and encourage healthy sleep patterns, our specially produced video and audio channels provide hours of engagement for patients and their visitors.

For licensing information and pricing contact:
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