

VR Relaxation Experience



意象鬆弛



以聲音和影像帶你到舒適的地方，幫助你放鬆

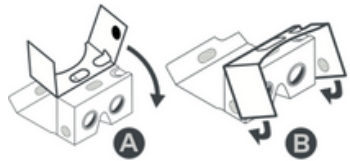
呼吸練習


透過腹式呼吸讓自己放鬆



使用方法

1. 從盒內取出裝置
2. 根據以下指示組裝VR眼鏡



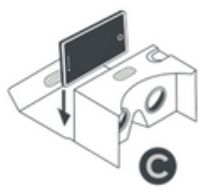
3. 用手機掃描以上其中一項練習的QR code，並以 YouTube 應用程式觀看影片
4. 開啓聲音
5. 點擊螢幕右下角的紙板眼鏡圖標  以開啓 VR 眼鏡模式



6. 完成後屏幕將自動拆分為兩個畫面




7. 請點擊播放按鈕以開始播放
8. 將電話橫放入紙板VR眼鏡中，蓋上紙板並確保魔术貼已固定手機



9. 請安坐並按照指示開始練習，以360度觀看視頻，享受更好的體驗。

為提升練習效果，你可以：

1. 關閉「直向鎖定」按鈕 
2. 取消手機靜音 / 使用耳機
3. 使用YouTube應用程式觀看VR影片
4. 在安全舒適、有足夠空間的地方練習
5. 為保持順暢的VR體驗，請在有流動網絡的地方練習
6. 如有暈眩、頭痛或者其他身體不適的情況下，請勿使用VR眼鏡



Imagery Practice



Taking you to a place
where you feel more
comfortable and relaxed

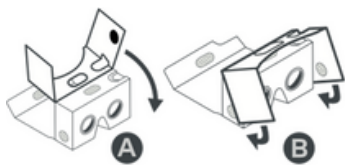
Breathing Exercise


Let yourself relax through the
abdominal breathing



How to Use

1. Take out the cardboard kit from the box.
2. Assemble the virtual reality viewer according to the following instructions.



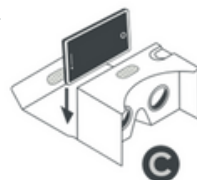
3. Scan the QR code of your preferred exercise with your mobile phone, and watch the video via YouTube.
4. Turn on the sound.
5. Tap the Cardboard icon  at the bottom right corner of the screen before inserting the phone into the cardboard to start the VR mode.



6. The screen will split into two parts.




7. Tap the play button to start.
8. Place the phone horizontally into the cardboard viewer. Fold up and make sure the touch fastener is secured.



9. Please sit back and follow the instruction to start the exercise. You can watch the video in 360° for a better experience.

Points to note for better effects:

1. Disable the rotation lock. 
2. Unmute the phone / use earphones.
3. Use YouTube app to open the video files.
4. Practise in a safe, comfortable and relatively spacious place.
5. Practise in a place with stable internet connection to ensure a smooth VR experience.
6. Do not use the cardboard VR viewer in case of dizziness, headache or any other diseases.

心靈綠洲 虛擬實境放鬆體驗

