



Duration: 30 minutes

Eyes: closed

Headphones: mandatory!

[\[Link\]](#) to the info page with the possibility to listen in

By the way: If I were a doctor, I would prescribe a few rounds of Neurostreams™ *Wellness Walk* to many patients.

But I'm not a doctor...

What is special about this program? The beginning of the session is "two-channel" and leads to a dissociation of the listener, which enables people to relax, especially those who do not normally manage it so easily. With the combination of "dissociative alpha" (relaxation "forcing"), deep theta (even clearer relaxation) with a dose of SMR at the end (which generally helps to better control mental states), we have here a very effective program that makes it possible in just 30 minutes to completely switch off from the day and eliminate accumulated stress. This is beneficial for the listener's mental and physical health. Stress is the mass murderer of our time.

Who is it best for? For people with a lot of stress, frequent stress or high stress levels.

What does this program consist of? Isochronous alpha/theta and SMR beats and a musical soundscape make this program an effective stress killer. The sessions start on the left channel at 14 Hertz and on the right channel at 13 Hertz - i.e. at slightly different frequencies. This difference is eliminated after five minutes when both channels arrive simultaneously at 10 Hertz (and from then on sound in parallel at the same frequency until the end of the session). After a short stay on the 10 hertz plateau, we move into the theta valley down to a low 6.5 hertz. We also only stay there for a short time before it goes up again in steps, first to 10 Hertz (a medium alpha value) and finally to 14 Hertz, i.e. into the SMR range.

When to listen? After the day's work is done. Ideal on the train, streetcar, plane, bus or in the passenger seat.

How to listen? We lean back. It is possible that we may fall asleep while doing so, so we need to secure ourselves accordingly.

What to look out for when listening? I recommend living up to the name of the program and introducing yourself briefly at the beginning by going for a walk. In the forest, in the mountains, on the beach, alone or with a companion...

When does an effect occur? How can I recognize it? After the session, there should be a satisfied feeling of peace. "Stress? What's that supposed to be?"

What can I do wrong? Interference, open eyes or missing headphones can ruin the success of this ultra-important session.