



The **brainLight**[®]-Sports Programs

brainLight[®]

LIFE IN BALANCE

◆◆◆ Since 1988 ◆◆◆

Congratulations on your purchase of the **brainLight-Sports Programs!**

It is assumed that sporting performance depends 80 % on mental and 20 % on physical condition. Athletes should therefore invest considerably more time in visualization techniques and mental training in general, to improve their focus and build up their self-confidence.

With the **brainLight-Sports Programs** we would like to provide you with a tool that enables you to optimize and significantly complements your physical training. Especially tailored to the sports sector, these programs offer State-of-the-art mental training on the basis of scientifically proven light and sound frequencies.

Thanks to integrated voice guidance, you can simply get started and experience a session, without too much preparation: On p. 7 you will find an overview of the **brainLight-Sports Programs**. The Program Overview supplied with your **brainLight-System** or the additional SD card, will give you the corresponding program numbers of all the programs available in your

language which you simply select on your system as purchased by you.

If your **brainLight-System** is connected to a **brainLight-Massage Chair**, the **brainLight-Sports Programs** also control it automatically according to the information given on the provided Program Boards.

This Sports Brochure also provides you with detailed information on the possible applications and background of the programs so that you can integrate them effectively into your training.

We wish you every success, motivation and enjoyment in realizing your mental and physical potential!

Your **brainLight** team

Contents

Introduction	2
Recommendations for Use	4
The brainLight -Relaxation-Technology	5
Contraindications	6
Instructions for Use & Program Overview	7
Program Descriptions:	8
• Warm-Up with Mental Calmness	8
• Gearing Up for Competition	10
• Create Your Own Winning Experience	12
• Muscle Memory Rehearsal	14
• Relaxation Response Training for Stress Tolerance and Pain Management	16
• Self-Trust for Positive Attitudes	18
• Confidence and Self-Esteem	20
• Door to “The Zone”	22
• Positive Target Focus Training	24
• Relaxation, Deep Sleep and Jet Lag Prevention	26
Classical music recommendations	27
About The Author of the Programs	28
Imprint	30

Recommendations for Use

Please note: *The Sports Programs contain a few short passages that contain only light or only sound frequencies. This is part of the respective program sequence, not a defect.*

The music of the **brainLight-Sports Programs** is carefully tailored to each topic. If you have a **brainLight-System** to which you can connect an external sound source (smartphone, CD or MP3 player, laptop etc.) via the audio-IN interface, you can also combine the light and sound frequencies with music of your choice. To do this, please select the program numbers "Without music and voice guidance", which you can find on the enclosed program table. In the "Programs without music and voice guidance", the light and sound frequencies (just like in the "Programs with music and voice guidance") start after 90 seconds and end 30 seconds before the end. During this time, you can turn on your music, tune into the session and let it fade out peacefully at the end.

The **brainLight-Deep-Relaxation-System** is a technological solution that combines and supports various relaxation techniques. It is an audio-visual system that uses light and sound impulses transmitted via headphones and visualization glasses to quickly and reliably guide you from a tense state to a state of relaxation. Even inexperienced users can quickly switch off from everyday life and regenerate.

The light and sound frequencies used in this program set "**brainLight-Sports Programs**" are carefully selected for each program and designed to support the brain in its receptivity.

If you use the programs in a brainLight-System with a Shiatsu-Massage Chair, the massage is of course also designed to support the program content in the best possible way.

The **brainLight**-Relaxation-Technology



Award-winning.
Regularly.



german
brand
award
23
winner



INDUSTRIE
BESTENLISTE
BEST OF 2023



PLUS X AWARD
2012 – 2024



EUROPEAN
HEALTH & SPA
AWARD



WELLNESS & SPA
INNOVATION
AWARD
GEWINNER 2017



LBV
QUALITY
BRAND OF THE
YEAR
2016



HORECA

Contraindications

For Sessions with an audio-visual **brainLight**-System without Shiatsu Massage Chair:

If you are epileptic, wear a pacemaker or are pregnant, please enjoy the sessions without visualization glasses.

Please note that mental and physical disorders can also have a physical cause in addition to stress. Therefore, please speak to your family doctor to clarify any persistent symptoms.



For Sessions with a **brainLight**-Complete-System with Shiatsu Massage Chair:

If you are epileptic, wear a pacemaker or are pregnant, please enjoy the session without visualization glasses. If you have acute severe back pain, suffer from osteoporosis, weigh over 120 kg (approx. 265 lbs) or have thrombosis, please only select programs without massage.



If you are pregnant, please enjoy the sessions without visualization glasses and without massage.

Instructions for Use & Program Overview

Please put on your headphones and have your visualization glasses ready. Start the program:

→ For a **Synchro PRO**, by touching the digit(s) of your desired program on the touch keypad of the pyramid. The selected number(s) appears on the display. A 5-second countdown begins, during which you can still correct the program selection by simply entering the digit(s) of another program. You can cancel your session at any time by touching the middle of the ZERO button for approx. 2 seconds until "Bitte warten / Please wait" appears on the display.

→ For a **relaxTower PRO**, by entering the program number(s) on the keypad of the relaxTower PRO. You can cancel your session at any time by pressing the star key.

Program Overview

brainLight-Sports Programs

- Warm-Up with Mental Calmness
- Gearing Up for Competition
- Create Your Own Winning Experience
- Muscle Memory Rehearsal
- Relaxation Response Training for Stress Tolerance and Pain Management
- Self-Trust for Positive Attitudes
- Confidence and Self-Esteem
- Door to "The Zone"
- Positive Target Focus Training
- Relaxation, Deep Sleep and Jet Lag Prevention

If you are enjoying the audio-visual **brain-Light-Deep-Relaxation** experience for the first time, please ALWAYS start with **Program 401: Introduction + Session**.

Warm-Up with Mental Calmness (12 min. program)

As a warm-up Preparation for Training and Competition.

This program stimulates the brain to accelerate the warm-up of the mind and body before training or competition. The goal is to create a connection between mind and body so that you can operate at the highest level. Sports studies show that peak performance and endurance depend on a mental state of relaxed readiness.

By using this program, you consciously let go of negative thoughts so that your mind can instead focus on positive thoughts and memories of good performances from the past.

To make this easier for you, this program includes the frequency of the Schumann resonance of 7.83 Hz. This is the frequency of the earth* and also the natural frequency of life for all humans.

Use this program before training or competition to

prepare yourself. You can say positive affirmations to yourself during the session, for example:

"I am ready for peak performance."

"I am prepared well enough to win."

"I can fully meet the requirements."

While you motivate yourself in this way, relax. Enjoy the memory of your best achievements in your mind.

*Until a few decades ago, 7.83 Hz was undisputedly the predominant electromagnetic frequency on earth. There are now measurements that indicate an increase, which is attributed to the drastic increase in human electromagnetic activity and global warming. Only time will tell what effects this will have on the human organism and the earth.

Warm-Up with Mental Calmness (12 min. program)

Music for the Program – “Visible Light” by Thomas Hull:

*As you close your eyes
you must open another.*

See what you hear.

Hear what you see.

*See the strike of a drum,
the resonance of the Saron
stretch out before you.*

*Hearing and seeing take place
within the mind.*

Let the sound surround you.

*Follow what you hear,
until it radiates.*

This may be called visualization.

“It was my intention to create a piece of music that would not just set an atmosphere but also a space. I wanted this space to be empty, so as it was explored the sounds heard could fill the void physically, as visible incarnations of themselves.”

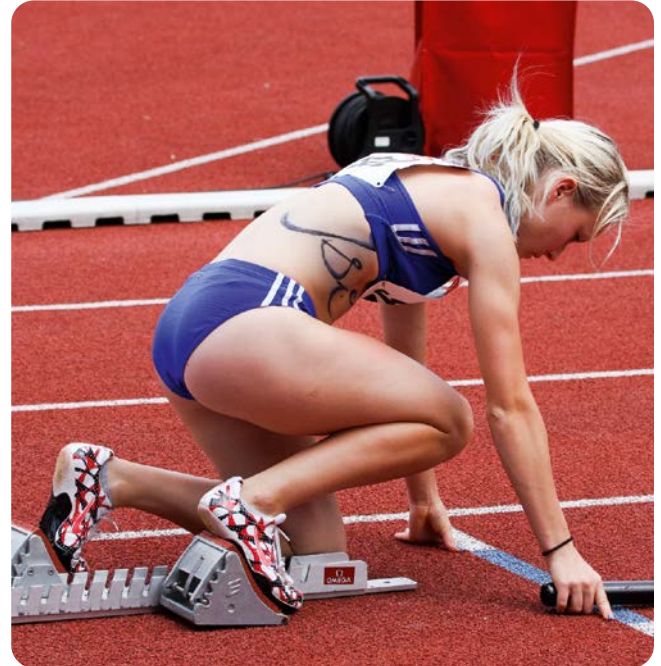
Gearing Up for Competition (12 min. program)

Right before the Competition.

This program prepares you for your peak performance. You will be supported in being relaxed but physically ready to achieve your personal best in the competition.

Find a place away from the hustle and bustle before the competition. Retreat instead of being in the changing room or near your competitors. Put on visualization glasses and headphones, sit or lie down comfortably, relax and imagine the upcoming competition while you start and apply this program. Observe the course of the competition in your mind's eye and support yourself with positive messages.

While you recall positive experiences, supportive affirmations and thoughts, you will firmly believe in your personal peak performance.



Gearing Up for Competition (12 min. program)

Choose a suitable word or phrase that you can use as an anchor just before the competition. Say this anchor word or phrase as you prepare to enter the match. In golf, the word **"Easy"** is a good one to use, leading to a coordinated swing. In other sports, too, you should find a word or phrase that describes the action as you

want to perform it. In swimming, it could be **"Fast off the starting block"**. If it's an endurance sport, a simple **"I can do it!"** is also suitable.

Music for the Program – **"Vamidzo" by Thomas Hull:**

**Vamidzo, Vamidzo;
come let's go, we will go together.
My friend can you feel the drums?
They speak with a loud voice,
the strike, the beating,
it is your heart that is talking.
It is not about how well
you do something,
but the heart you put into it.
So listen and throw your self in.**

"The word 'Vamidzo' is a Ghanaian word that translates as 'come let's go'. This piece holds within its core motivation, the spirit that arises from support, one person to another; the very same spirit that is at the core of Ghanaian music."

Create Your Own Winning Experience (12 min. program)


As part of the training routine to achieve specific long-term goals.

Even if you have a trainer who works out mental and physical exercise plans for you, you are your own best teacher.

In many situations, you will instinctively realize that you should do something in a certain way. Use this program to become aware of these hunches and put them into practice.

The program is designed to create the mental state in which you can most easily visualize the path to a goal. It is best to write down your goals and the individual steps on the way to them before using the program. Also think about what you need to achieve or overcome in order to get to the next step:

Goal Setting



Main goal		
	Obstacles	Solution
3rd milestone		
	Obstacles	Solution
2nd milestone		
	Obstacles	Solution
1st milestone		
	Obstacles	Solution
Starting point		

Create Your Own Winning Experience (12 min. program)

Now use this program to tackle one milestone at a time, one per session. Focus your mind on overcoming the obstacles. It is important not to force solutions, but to remain calm and observe in your mind how you instinctively already know how to reach the next milestone. The program helps you to work your way towards your big goal step-by-step and automatically establishes the necessary connection between your brain and body.

Then write down the solutions you have seen in your mind's eye. Explain the solution to yourself and put it into practice.

Music for the Program – “Of Air and Earth” by Thomas Hull:

Look out as far as you can see.

Breathe;

dig your foot into the earth.

With swift velocity,

you are gone.

You are free

“Of Air an Earth’ is born of an image and a love. Horizons have always been important to myself, to stand and watch the landscape stretch out before you; on the dusty slopes of a mountain, in the green valleys, dark forests and the sprawling landscapes that are the oceans and deserts. This experience to me is freedom, the freedom and adventure that are inherent in bringing that horizon to your-self.”

Muscle Memory Rehearsal (17 min. program)

As Part of Your Training Routine, to Practice Physical Action Sequences and to Support Healing Processes.

Use this program as part of your training to practice certain skills or a sequence of actions in your mind and to overcome weak points. During the session, imagine as vividly as possible how you can master the skill you want to improve.

We also recommend this program for injuries to support the healing process. In this case, imagine how your body is once again back in top shape, uninhibited and functions with ease.

If you visualize an experience very vividly, the brain cannot distinguish between the actual event and the imagination. To make a visualization vivid, all the senses that are activated during the experience must be used. This means that in addition to the five senses, the sense of balance and depth sensitivity, which includes the sense of position and movement, must also be

considered. However, the emotions that an athlete feels during competition play the biggest role and have a significant influence on the vividness of the visualization.

Be patient with yourself and be aware that it will take some practice before visualization becomes easy.

Professor Scott Grafton at the University of Southern California has researched the biological basis of “muscle memory”. Using advanced brain mapping, he was able to demonstrate that and how the brain learns new skills: by fine-tuning the neural circuits in the brain that are responsible for actual muscle movement for one area. When you acquire a new skill, the brain is put into a higher state of activity and becomes “stimulated”, so to speak.

Muscle Memory Rehearsal (17 min. program)

As the brain waves change and the state of the brain is thus stimulated, the neural circuits are directly involved in the physical action itself. When the brain is stimulated for a performance, it automatically prepares the necessary steps to pass the message on to the rest of the body.

The brain sends the impulse to the muscles to perform the movement as it was learned, step by step. It is even possible to see the muscle to which the information is transmitted tremble slightly, even if you are only imagining a movement.



Music for the Program – “Skies” by Ben Lennox

Skies

*Slowly awakened by the sun
birds sing, so much colour.*

*Fresh dew, grass so green
walking through trees
climbing Mountains.*

Relaxation Response Training for Stress Tolerance and Pain Management (17 min. program)

Use in acute stress situations, as part of pain management and regularly for a positive attitude.

Many events in everyday life feed feelings such as worry, frustration, anger and the resulting stress for mind and body. In this state it is not possible to perform well, regardless of the area of life.

When the brain receives signals that it needs to be on guard to protect us, it activates the sympathetic nervous system. We are then ready for violent reactions such as flight or attack. Our eyes look around searchingly instead of focusing, our hands start to sweat due to adrenaline production and we perform hasty physical actions.

When you are about to compete, for example, relaxation and the parasympathetic nervous system must also be activated so that everything is in a focused, harmonious balance and your reactions are not over-excited or over-motivated and you can act just

right with purposeful relaxation.

This program helps you to let go of anger and frustration. In addition, recovery processes are mentally supported and energy is generated to maintain the entire mental system. This is achieved effortlessly through the relaxation response and a positive attitude will replace anxiety and worry.

The beneficial effect of the relaxation response, as described by Herbert Benson, is potentiated. If you apply this program regularly day after day, you will become more relaxed and help your brain to cope with tasks more easily.

Pain management after an injury or in the rehabilitation phase must include the relaxation response and requires accepting the unpleasant feelings associated with the

Relaxation Response Training for Stress Tolerance and Pain Management (17 min. program)

treatment with composure. It is difficult and distressing to inflict pain on yourself, even if it promotes healing.

This program will help you manage these feelings more easily. By relaxing and coordinating the whole brain you can speed up the healing process and recharge your batteries. By strengthening the left hemisphere of the brain, the stimulation of the limbic system and the emotional right hemisphere of the brain decreases, causing the pain to subside.

The theory behind this method is based on an ancient Chinese tradition according to which two pain stimuli are applied to the body simultaneously. The brain only registers one stimulus at a time, causing the second to fade away by itself.

Music for the Program – “Gathering & She Sings to You” by Dietrich von Oppeln:

***Reflection,
Devotion, Healing.
Initiated
into the secrets of the world,
the Universe
tells its story.***

*“Pieces created in gratitude
for the companionship on
your own spiritual journey.”*

Self-Trust for Positive Attitudes (17 min. program)

As regular motivational training and for coping with everyday life.

A positive attitude is essential for top performance in everyday life. Whether in sports, in the business world, at school or at home: to stay positive, we need to trust ourselves.

There is a special area of the brain that is responsible for a positive mood towards ourselves. By activating the right hemisphere of the brain, this program helps to overcome negative, emotionally influenced and anchored messages and attitudes that we harbor every

For instance:

Negative thoughts

~~Everything is too much for me.~~

~~I'm not as fit as I used to be.~~

day with constructive approaches such as good motivation and encouragement, so that our energy levels increase in the long term.

Before you start the program, you can make a list of negative thoughts that occur in your everyday life. Select an item from the list at the start of the session. During the session, keep recalling the thought and transform it into a motivating one.

Motivational thoughts / Positive beliefs

If I am calm and relaxed,
I can do everything.

I achieve better results with
every training session.

Self-Trust for Positive Attitudes (17 min. program)



Work through all the negative thoughts on your list step by step. Cross them out and write down your newly formed motivational sentences. Similar to learning a new language, you will expand the vocabulary of your thoughts. You will notice that your motivational sentences will appear more and more often in your thoughts and your positive attitude will be stabilized.

Music for the Program – “Wide Planet & Mysterious” by Dietrich von Oppeln:

*Being carried
Secure in the vastness
Secure on the earth, in life
Trust, floating*

*Life within life.
Fairy creatures
Dancing into other worlds
Dreaming.*

*“Pieces created in gratitude
for the companionship on
your own spiritual journey.”*

Confidence and Self-Esteem (22 min. program)

**As part of the training routine for a positive mental attitude
and for coping with negative experiences.**

As an athlete, you need to believe in yourself, keep negative feelings under control before competitions, let go of self-blame when you fail to win and remember that you are strong and good at your sport. The same thought processes are useful in all situations where self-esteem and confidence are needed.



Brain waves in the Theta area can trigger a lot of mental chatter, which is not necessarily positive. With the help of this session, you can bring disturbing thoughts under control and enter a state of positive and confident presence.

Recurring memories can be disappointing or encouraging. If you have the inner attitude that there is a treasure to be found in every experience, whether positive or negative, you can even use disappointments to your advantage and look to the future with confidence. Practice this by looking back on your experiences during the session and discovering something beautiful in them. This keeps you in control of sabotaging thoughts and instead supports messages of strength and self-confidence that improve your self-esteem.

Confidence and Self-Esteem (22 min. program)



Music for the Program – “A Brighter Light” by Joseph Brook:

“When writing the piece ‘A Brighter Light’ I wanted to capture self-confidence and self esteem in its entirety. The concepts I decided to use include aspects of my own experiences. I felt that it was necessary to capture the struggles that people have while dealing with confidence issues, however, always coupled with the idea of hope and achievable outcome. The piece represents that difficulties in life are often uphill struggles but they can and will be resolved eventually.”

Door to “The Zone” (27 min. program)

Directly before the competition and as part of the training routine
to familiarize yourself with the state of winning.

The **brainLight**-Systems use audio-visual impulses to support the brain in flexibly networking, harmonizing and focusing cells. This is the only way to open the door to your personal winning mentality.

The right hemisphere of the brain visualizes the goal of the desired event. It supports the emotional process and partial aspect that takes place in order to realize and achieve a winning mentality.

The left hemisphere of the brain analyzes which activities, specific movements or physical movement patterns are required and is responsible for putting the necessary impulses in the right order and controlling them.



The networking of the two hemispheres of the brain is called synchronization. Studies show that it creates the conditions for a relaxed mind and a ready body.

This program restores balance and supports you in entering your winning mentality. Use this program often - especially right before a competition - to become familiar with the feeling of your winning mentality that allows you to perform at your best.

Door to “The Zone” (27 min. program)

Music for the Program – “Sphere” by Thomas Hull:

*In your sphere of presence,
you are truly awake.
Time is moving yet you move faster,
and when time is still it is
in your control.*

*Each cell and molecule of the body can be summoned
Soaring out beyond its bounds.*

*The very breath you take, each
beat of your heart is transformed
Every detail a part of,
every aspect becoming,
all pieces merging.*

In this place, master-less, you are ready.

“Drawing on personal experience as a musician and martial artist, I did my upmost to construct the state of mind that is labelled ‘being in the zone’. I attempted to create a sound world that is simultaneously a part of and from the self. The sounds heard are of different elemental giants and natural materials of the world we inhabit. The creation of this piece focused on the sounds and their qualities – what you hear is deliberately merging, blending, shifting and appearing in its true nature but most often not. This leads the mind to a visual and conceptual rationale, one that is personal.”

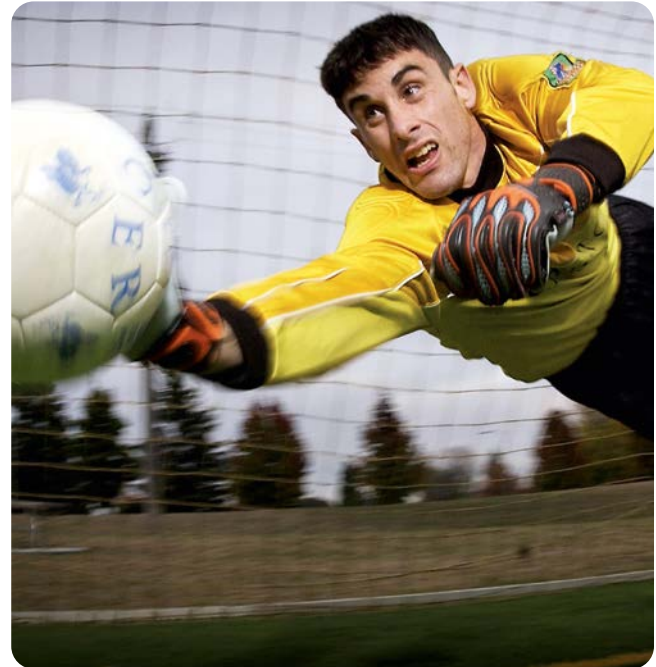
Positive Target Focus Training (32 min. program)

As part of the training routine and for long-term competition preparation.

The brain absorbs information and processes it with the help of emotions, which involves the brain's limbic system. The limbic system is responsible for the emotional colorations and thoughts that you store. It sends these thoughts to the neocortex where they are analyzed. There, a meaningful reaction and course of action is determined.

**The formula for this action sequence includes:
ACTION → REFLECTION → REACTION**

However, in nerve-wracking situations such as a competition, action sequences must be immediately available according to an implementation plan. This is why the brain acts mainly from the primitive part of the brain stem, which means that the action can be carried out quickly without a long reaction time.



Positive Target Focus Training (32 min. program)

Apply this program while imagining yourself actually participating in a competition. If you practice the right reactions in visualization, they will also be quickly available during the competition.

**The pattern of this action is then:
ACTION → QUICK MENTAL/PHYSICAL
REACTION**



Music for the Program – “I Know a Way” by Tallis Brooks:

“The piece is designed to help listeners get into the correct mindset to maximise their talents and ability. It uses the ebb and flow of growing excitement and relaxation in order to help an individual build up their belief in themselves and to prepare for any task at hand. Whilst the piece is, to a large extent, optimistic and happy in its feel, it also contains tensions and dissonance at certain points – as there are in life – to represent the hurdles which we must all overcome in order to reach our potential and, ultimately, to realise our dreams.”

Relaxation, Deep Sleep and Jet Lag Prevention (42 min. program)

**For recovery and muscle relaxation after training or competition,
before sleep to support cell renewal and to prevent jet lag.**

Use this program to recover mentally and physically from training or competition. It is designed to lead you to a calmer mental state and to switch off disturbing thoughts.

When you think too much about experiences, your body feels uncomfortable and involuntarily releases adrenaline, cortisol and lactic acid, which accumulate in muscle tissue and cause pain and fatigue.

Alternatively, you can also use this program in the

evening directly before going to sleep. It promotes the REM sleep phase, which is very important for cell renewal. Sleep is a basic prerequisite for health and for achieving top performance of any kind. Deep, restorative and refreshing sleep can take place in the Delta brainwave range.

If you want to use this program to prevent jet lag, it is best to use it on the plane before you land.

Music for the Program – “Gold Blond Tree” by Andrea Rushton:

“Tall grasses, surrounding still water, a split but majestic, part fallen part growing tree, trailing mosses, ferns, water falls, towering sun-lit canopies of leaves all have a place in this music which stretches and uncurls in long slow breaths – voices tell of a place of beauty, timelessness and peace.”

Recommended classical music

If you have a **brainLight**-Synchro PRO, you can connect an external sound source (smartphone, CD player, MP3 player, laptop, etc.) via the audio IN interface and combine the light and sound frequencies of the “Programs without music and voice guidance” with music of your choice. If you like classical music, the following pieces are particularly suitable in combination with the **brainLight-Sports Programs**:

Warm-Up with Mental Calmness

Antonio Vivaldi, Allegro in G major
Luigi Boccherini, Cello Concerto No.9 in B flat major, G. 482,
played by Pierre Fournier

Gearing Up for Competition

Edvard Grieg, Peer Gynt Suite No.1 - Morning Mood

Muscle Memory Rehearsal

Peter Tchaikovsky, Swan Lake Suite op. 20

Relaxation Response Training

Lullabies or other pleasant, light pieces, such as
“Somewhere over the Rainbow”

Self-Trust for Positive Attitudes

Wolfgang Amadeus Mozart,
Vesperae solennes de Confessore, KV 339

Confidence and Self-Esteem

Johann Pachelbel, Canon in D major

Door to “The Zone”

Wolfgang Amadeus Mozart,
Clarinet Concerto in A major, KV 622

Positive Target Focus Training

Wolfgang Amadeus Mozart,
Piano Concerto No. 21 in C major, KV 467

Relaxation, Deep Sleep and Jet Lag Prevention

Edvard Grieg, Peer Gynt Suite No.2 - Peer Gynt’s
homecoming

The author of the programs



Dr. Rayma Ditson-Sommer

(1935 – 2013)

Dr. Rayma Ditson-Sommer was an internationally recognized consultant, author, speaker and researcher in the fields of biofeedback, neuro-learning and brain plasticity. For over 25 years, Dr. Ditson-Sommer studied, developed and applied therapies to enhance intellectual performance and behavioral development in children and adults.

In her academic career, she has held positions at Columbia University, Texas Woman's University, the University of Wisconsin, and the University of Arizona. She has earned a doctorate, various licenses and awards in a variety of fields and has held several professorships.

Dr. Ditson-Sommer was a pioneer in the exploration of color, light and sound therapies. Many of her approaches to the therapeutic value of

The author of the programs

vibrational energy have proven to be extremely innovative. Through Dr. Ditson-Sommer's scientific and design efforts, several products have been created that facilitate brain-friendly learning. With the help of these products and under Dr. Sommer's direction, Olympic gold medals and the PGA golf tournament have been won.

Dr. Ditson-Sommer worked in performance neurophysiology and coached Garry Hall Jr. who won gold medals for the USA at the 1996, 2000 and 2004 Olympic Games. She helped 15 other Olympic champions win gold and silver medals. Other users have achieved

great academic success. As owner of OPNET, based in Phoenix, Arizona, Dr. Ditson-Sommer researched and developed products and analyses aimed at improving learning, athletic performance, and physical and emotional well-being.

Legal Notice

Light and sound frequency sequences:

Dr. Rayma Ditson-Sommer

Music:

Andrea Rushton, Ben Lennox, Dietrich von Oppeln,
Frank Metzner (music for the program introductions),
Joseph Brook, Tallis Brooks, Thomas Hull

Speaker:

Sabrina Sauer

Arno Kohnen: Program "Door to The Zone"

Sound engineering realization:

Frank Metzner at the Dreamland recording studio,
Krombach

Massage programming:

Reinhold Sauer

Program texts:

Sabrina Sauer, based on program descriptions by
Dr. Rayma Ditson-Sommer

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Relaxation technology Made in Germany!



INNOVATION AWARD FOR
ERGONOMICS 2023



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LIFE IN BALANCE

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