

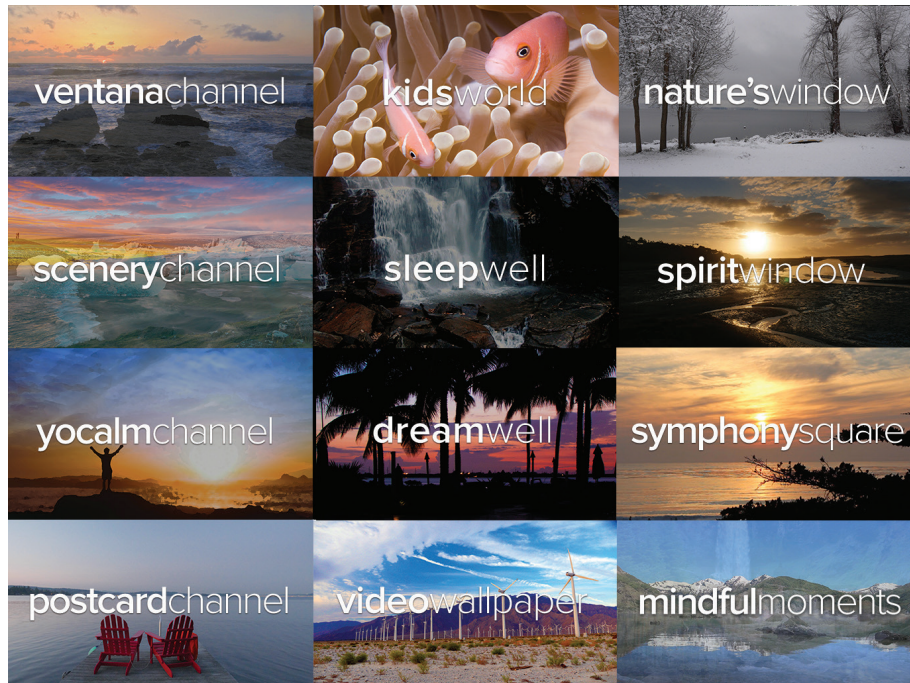
 **sharecare** | windows

Your view to a happier, healthier life

Relaxation. Meditation. Spiritual Inspiration. Yoga.
ChannelCatalogue

ventanachannel
kidsworld
scenerychannel
postcardchannel
yocalmchannel
mindfulmoments
symphonysquare
dreamwell
sleepwell
spiritwindow
nature'swindow
videowallpaper

World-Class Relaxtion Video from International Award-Winning Filmmakers



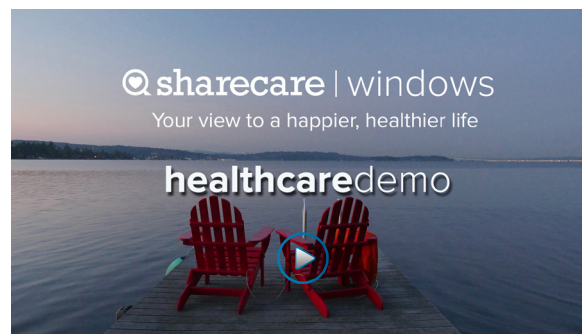
12 Channels, 225 Titles, 400 Hours of Content

Sharecare Windows, formerly Window Channel Network, is the leading creator and producer of HD relaxation and wellness videos, empowering viewers to find stillness and peace in their everyday life. As the leading choice for US hospitals, Sharecare's library includes twelve specialty channels with 225 titles and 400 hours of relaxation, spiritual, meditation, sleep and background video programming.

Screened at 150 International Film Festivals and honored as recipient of 40 awards.

Feedback from hospitals and healthcare organizations indicates that Sharecare Windows videos are proven to be effective in reducing intrusive noise levels, encouraging healthy sleep patterns and reducing stress.

Every day, more than 33,000 hours of Sharecare Windows videos are viewed from around the world to across the street. Experience your view to a happier, healthier you at your healthcare facility.



Ventana Channel features a wide variety of **relaxation and wellbeing** programs. Developed with the direction of leading healthcare institutions, each program features carefully selected HD video windows creating a relaxing retreat from everyday distractions. For an immersive experience, programs are accompanied by the naturally occurring sounds recorded on location.

Ventana Lite Relaxation (30 minutes each)

Ventana Lite Relaxation includes ten nature videos for general relaxation

<i>Title</i>	<i>Name</i>	<i>Runtime minutes</i>
1	Harmony	30
2	Heavenly	30
3	Sanctuary	30
4	Serenity	30
5	Symmetry	30
6	Tranquility	30
7	Unity	30
8	Vicinity	30
9	Vitality	30
10	Zenergy	30

Ventana Relaxation (Longer play)

Ventana Channel videos include general relaxation, meditation, and destination video.

<i>Title</i>	<i>Name</i>	<i>Runtime minutes</i>
1	Aloha! Hawaii	60
2	Caribbean	50
3	Chicago	50
4	Discovery	45
5	Entrada	60
6	Expedition	57
7	Exploration	57
8	Falling Water	43
9	Global Links	30
10	Global Views	60
11	Lake Tahoe	37
12	Los Sueños	60
13	On The Beach	45
14	Playa Azul Beaches	207
15	Resort Life	60
16	Restful Rain	35
17	Rocky Beaches	56
18	Colorful Colorado	50
19	South America	45
20	Best of Ventana	214
21	Tierra World Explorer	90
22	Underwater Palau	60
23	Vistas from Window Channel	298
24	Ventana Long Play	660



New for 2019. Nature's Window brings the beauty of the great outdoors inside. This original collection showcases **the inspirational beauty of nature** accompanied by original music scores created exclusively for Sharecare Windows. Each original program creates an engaging and relaxing escape into nature.

Nature's Window Relaxation

<i>Title</i>	<i>Name</i>	<i>Runtime minutes</i>
1	Beautiful Sunrises and Sunsets	60
2	Beautiful Beaches	60
3	Beautiful Waterfalls	60
4	Beautiful Southern Colorado	60
5	Beautiful Northern California	60
6	Beautiful California Redwoods	60
7	The Four Seasons	60
8	Beautiful Hawaiian Paradise	60
9	Beautiful Iberian Peninsula	60
10	Beautiful Blue Ridge Mountains	60
11	Beautiful Olympic Rainforest	60
12	Beautiful Gardens	60



The perfect combination for **relaxation of all the senses**, Symphony Square is a masterful collaboration of young artists' interpretations of classical piano and symphonic melodies, accompanied by original nature video.

Symphony Square Classical music and nature video

<i>Title</i>	<i>Name</i>	<i>Runtime minutes</i>
1	Chopin Inspiring Piano	70
2	J.S. Bach inspiring piano	82
3	World's Famous Composers	80
4	Vivaldi, Four seasons	40
5	Classical Guitar	46
6	Classical Piano	48
7	Chopin's Preludes, Opus 28	30
8	Robert Schuman's Scenes from Childhood	23
9	6 String Quartets, composed by Charles Wesley	60
10	Hermann Grädener, String Octet Opus 12	48
11	Emilie Mayer String Quartet in E Minor	26
12	J.S. Bach The Well Tempered Clavier	109



Kids World is designed to meet the relaxation and stress reduction needs **for all age groups and attention spans.** Programs are accompanied by the naturally occurring sounds for a fully immersive experience. Developed in conjunction with Nemours duPont Hospital for Children.

Kids Wold Family Relaxation

<i>Title</i>	<i>Name</i>	<i>Runtime minutes</i>
1	Discovery-Your World	45
2	Expedition-The Planet	57
3	Exploration-Our World	57
4	Underwater Palau	60
5	American Flag	60
6	Jungle Waterfalls	120
7	Morning Flags	60
8	Campfire with Ocean Waves	300
9	Counting Sheep for Sleep	240



Mindful Moments provide a **'moment' of calm** to help relax, refresh and recharge the spirit, psyche and body. Developed in conjunction with meditation and yoga experts, these exclusive mindfulness escapes provide meditation and centering anytime. Designed for modern meditation.

Mindful Moments (release date tbd)

1	Himalayan Singing Bowls	1-hour, Available now
2	Mindful Observation	series TBD
3	Mindful Awareness	series TBD
4	Mindful Listening	series TBD
5	Mindful Immersion	series TBD
6	Mindful Appreciation	series TBD
7	Mindful Breathing	series TBD



Fire and ice and all things in between. Our videographers travel to spectacular locations, capturing the extreme, as well as everyday life. Join us for the ultimate vicarious travel experience as we explore destinations from Iceland, Portugal, Spain, Croatia, Montenegro, New York City to Istanbul. Designed for background relaxation.

Scenery Channel

<i>Title</i>	<i>Name</i>	<i>Runtime minutes</i>
1	Iceland. Pure. Magic.	30
2	Portugal Europe's West Coast	30
3	Spain Under The Sun	30
4	A Day In Amsterdam	30
5	Mauna Kea Beach Hawaii	30



Video from global destinations for **relaxation and entertainment**, capturing some of the most beautiful spots on earth. Designed for background relaxation.

Postcard Channel

<i>Title</i>	<i>Name</i>	<i>Runtime minutes</i>
1	American Flag	60
2	Black Canyon of The Gunnison	60
3	Morning Carmel River Estuary	180
4	Relaxing River	60
5	Jungle Falls	120
6	Morning Lake Washington	180
7	Morning Key West	60
8	Ocean Beach and Surf	75
9	Salto del Laja Falls	60
10	Southern Colorado Sunset	60
11	The Cocktail Hour, Cities Edition	60

Mindfulness for The Modern World, Yocalm presents world-leading experts from Yoga, Meditation, Energy, Medical and Musical fields and provides wellness at your fingertips, anytime—anywhere. From quick, guided breathing sessions that calm the nerves to yoga classes that get the blood flowing and improve flexibility.

Yocalm Channel Yoga and Guided Meditation

<i>Title</i>	<i>Name</i>	<i>Runtime minutes</i>
1	Ten-Minute Guided Meditation	19
2	Five-Minute Guided Meditation	14
3	A Sound And Restful Sleep:	14
4	Breaking Any Habit	21
5	Breath Awareness	6
6	Breathing Techniques	26
7	Ocean Breathing	6
8	Abdominal Breathing	5
9	Alternate Nostril Breathing	6
10	Chakra Energy Meditation	19
11	Living Well With Dementia	24
12	Meditation and Visualization	44
13	Sound Meditations	8
14	Relaxation and Stress Relief Anywhere	20
15	Relaxation and Stress Relief Lying	20
16	Seated Yoga Level I	14
17	Seated Yoga Level II	10
18	In Flight Yoga	14
19	Yoga For Beginners	54
20	Yoga for Men's Health	60
21	Learning to Practice Mindfulness	22
22	Three Simple Meditations	10
23	A Guided Mindful Meditation	6
24	Visualization	10
25	Yoga Relaxation Anywhere Savasana	19
26	Yoga Relaxation Lying Savasana	10
27	Hindu Raga Music	37
28	Music For Yoga	75

YOCALM CHANNEL Yoga Instruction Classes

<i>Title</i>	<i>Name</i>	<i>Runtime minutes</i>
29	Yoga Devine	69
30	Yoga For Sport	46
31	Yoga For The Bigger Body	9
32	Yoga Imagine This	56
33	Yoga In Your Own Zone	50
34	Yoga Om The Ball	38
35	Yoga, A Live Class	105
36	Live Pranayama Relaxation Class	22
37	Sun Salutation (Surya Namasker)	9
38	Switching Off The Conscious Mind	2
39	What's It Like In Class	8

**Several Titles available in Spanish, German, French, Italian and Japanese*

Sleepwell features extremely **low light soothing HD video** with complementary **natural white noise**. These programs reduce the exposure to blue-spectrum light waves, which are known to suppresses the secretion of melatonin, a hormone that influences circadian rhythms and interfere with REM sleep. Developed in conjunction with Sleep Medicine Center at Stanford Health.

Sleepwell

<i>Title</i>	<i>Name</i>	<i>Runtime minutes</i>
1-4	Box Fans for Sleep and Meditation Fast, Medium and Slow fan speeds	3 hours & 8 hours
5-8	Ceiling Fans for Sleep and Meditation Fast, Medium and Slow fan speeds	3 hours & 8 hours
9-12	Oscillating Fans for Sleep and Meditation Fast, Medium and Slow fan speeds	3 hours & 8 hours
13	Beach Campfire with Ocean Waves-dark screen	5 hours
14	Beach Campfire with Ocean Waves-light screen	5 hours
15	Carmel Beach Surf for Sleep-dark screen	8 hours
16	Carmel Beach Waves for Sleep-dark screen	8 hours
17	Coronado Beach for Sleep-dark screen	8 hours
18	Counting Sheep for sleep-dark screen	4 hours
19	Del Norte Surf for Sleep-black screen	10 hours
20	Evening Rain for Sleep and Meditation	1, 3, 8 & 9 hours
21	Evening River for Sleep-dark screen	9 hours
22	Evening Stream for Sleep-dark screen	3 & 8 hours
23	Evening Surf for Sleep-dark screen	3 & 8 hours
24	Evening Waterfalls for Sleep-dark screen	8 hours
25	Evening Waves for Sleep-dark screen	8 hours
26	Gentle Evening Rain-dark screen	9 Hours
27	Gentle Midnight Rain-black screen	9 hours
28	Gentle Tropical Nighttime Rain-dark screen	10 hours
29	Gentle Tropical Afternoon Rain-medium dark	10 hours
30	Himalayan Singing Bowls with Restful Rain	9 hour s
31	Midnight Del Norte Surf for deep sleep-dark	10 hours
32	Midnight Sky for Sleep and Meditation-dark	4 & 8 hours
33	Midnight Sky & Ocean Sounds-dark screen	4 & 8 hours
34	Midnight Thunderstorm-medium dark	9 hours
35	Nature's Lullaby for Sleep and Meditation	30 min & 3 hours
36	Nighttime Beaches for Sleep and Meditation	3 hours
37	Nighttime Lake screen for Sleep-dark	8 hours
38	Nighttime Nature with Nature Sounds	9 hours
39	Nighttime Nature with Music	9 hours
40	Nighttime New York-for the City that Never Sleeps	8 hours
42	Nighttime Surf-dark screen	9 hours
42	Nighttime Waterfalls-dark screen	8 hours
43	Ocean Waves for sleep-Kona	9 hours
44	Ocean Waves-dark screen for Sleep	9 hours
45	Ocean Waves for Sleep and Meditation	9 hours
46	Olympic Peninsula Ocean Waves	9 hours
47	Pacific Ocean Waves for Sleep-dark screen	9 hours
48	Rainstorm for Sleep-black screen	9 hours
49	Restful Rain for relaxation and meditation	9 hours
50	Thunderstorm for Sleep-black screen	9 hours



Dreamwell features low light still photos with accompanying **natural white noise** designed to aid in healthy sleep patterns. These programs reduce the exposure to blue-spectrum light waves which are known to suppress the secretion of melatonin, a hormone that influences circadian rhythms and interfere with REM sleep.

Dreamwell

<i>Title</i>	<i>Name</i>	<i>Runtime minutes</i>
1	Cascading Forest Creek	60 & 180
2	Healing Clifftop Waves	60 & 180
3	Midnight Paradise	60 & 180
4	Nature Tracks	60 & 180
5	Nighttime Beaches	60 & 180
6	Restful Rain I (Dreamwell audio)	60 & 180
7	Tropical Sunrise	60 & 180



Spirit Window offers **support, inspiration and nurturing** when and wherever it is needed. Over 200 individual prayers and inspirational readings are cataloged by religion and curated by a team of experts, drawn from academic, interfaith, spiritual and religious communities. Research affirms the conviction of the importance of providing spiritual and religious support to individuals in their care.

Spirit Window For All Faiths

<i>Title</i>	<i>Name</i>	<i>Runtime minutes</i>
1	Buddhist Inspirations	24
2	Buddhist Prayers	36
3	Buddhist Prayers and Inspirations	60
4	Catholic Inspirations	11
5	Catholic Prayers	38
6	Catholic Prayers and Inspirations	48
7	Christian Hymns, instrumental with nature video	37
8	Christian Inspirations	11
9	Christian Prayers	38
10	Christian Prayers and Inspirations	48
11	Islamic Inspirations Part 1	32
12	Islamic Inspirations Part 2	186
13	Islamic Inspirations Part 3	171
14	Islamic Prayers	42
15	Jewish Inspirations	75
16	Jewish Prayers	41
17	Spiritual Inspirations	31
18	Spiritual Prayers	41
19	Spiritual Prayers and Inspirations	72

The Best of Slow TV. Fixed point-of-view videos ideal for waiting areas, public spaces and other areas with high traffic. Streaming video includes cruise ships steaming out of Kotor Bay, sunrises and sunsets over the Adriatic, Palm Springs windmill farms and much more, Video Wallpaper will engage any audience.

VideoWallpaper

<i>Title</i>	<i>Name</i>	<i>Runtime minutes</i>
1	Adriatic Sunrise	30
2	Adriatic Sunset	30
3	Carmel River Beach Sunrise	30
4	Carmel Sunrise	30
5	Montenegro Cruise Ship	30
6	Montenegro Dusk	30
7	Mid Morning at Kotor	30
8	Monastery Beach Sunrise	30
9	Morning in Dubrovnik	30
10	Morning On the Bosphorus	30
11	New York Morning Sunrise	30
12	Our Lady of the Rocks - Kotor Bay	30
13	Palm Springs Sunrise	30
14	Sheep Meadow	30
15	Sunrise at Kotor	30
16	Sunrise on the Bosphorus	30
17	Mauna Kea Beach	30

improve outcomes

enhance sleep

reduce extraneous noise

relieve stress

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