 **sharecare** | windows
Your view to a happier, healthier life

Relaxation Content Offering 2020

World-Class Relaxation Video from International Award-Winning Filmmakers



Original Content Designed for Better Outcomes

Sharecare Windows (formerly Window Channel Network) presents an all new comprehensive collection of original health and wellness HD videos for health and wellness.

Covering the entire health care continuum, we have catalogued our collection for Relaxation, Children and Family, Mindfulness and Meditation, Sleep, Yoga, Spiritual and Classical Music, all designed to inspire, sooth and create healing environments for your entire community.

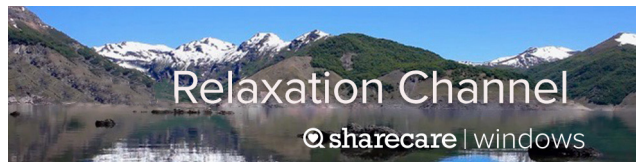
New this year is our Guided Meditation and Hypnosis videos from some of the leading healthcare professionals including Dr. Deepak Chopra, Dr. Mike Dow and Donna D’Cruz.

Sharecare Windows has been a leader in relaxation wellness video since 2008, when we offered our users a total of 10 hours of relaxation video. We now are proud to boast a library consisting of 175 titles and more than 235 hours of the highest quality HD and 4K video content.

Feedback from healthcare organizations, cruise lines, hotels and airlines indicates that Sharecare Windows’ videos are effective in reducing intrusive noise levels, encouraging healthy sleep patterns and reducing stress—extremely important for today’s hectic lifestyle—as well as recovery form injury or illness.

Sharecare Windows Eco Films have screened at over 175 film festivals around the world and garnered 44 awards from Best Eco Film to Best Cinematography to Best Short. 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 life at your healthcare facility.





Beautiful scenery from around the world to help you relax

Sharecare Windows Relaxation Channel (Part of the RELAX category) features a sampling of some of our most popular 30-minute relaxation videos. Patients and caregivers alike have relied on these extreme high-quality videos to help relax, reduce stress and experience the natural wonders of planet earth from their hospital bed, in-home, or on the go.

RELAXATION CHANNEL

[30 Minutes of Breathtaking Scenes from Around the World](#)

[30 Minutes of Flowing Water](#)

[30 Minutes of Nature's Beauty](#)

[30 Minutes of Relaxation](#)

[30 Minutes of Serenity](#)

[30 Minutes of Water in Nature](#)

[30 Minutes to Relax in Nature](#)

[A 30-Minute Journey Around the World](#)

[Around the World in 30 Minutes](#)

[Beautiful Vistas from Around the World](#)

[WATER 4 minutes](#)

[Shinrin-Yoku \(Forest Bathing\) 6 minutes](#)



Developed with the direction of leading health and wellness institutions, Relax features a carefully curated collection of relaxation, nature and scenic video offerings. Each program features thoughtfully selected video windows creating a relaxing retreat from everyday distractions. For a totally immersive experience, Relax programs are accompanied only by the naturally occurring sounds recorded on location.

RELAX WITH NATURE SOUNDS & MUSIC

[One Hour of Beautiful Northern California w/Music](#)

[One Hour of Beautiful Southwest Colorado w/Music](#)

[One Hour of Breathtaking Sunrises and Sunsets w/Music](#)

[One Hour of Relaxing Beaches w/Music](#)

[One Hour of Soothing Waterfalls w/Music](#)

[One Hour of Breathtaking Cityscapes Set To Jazz \(Music\)](#)

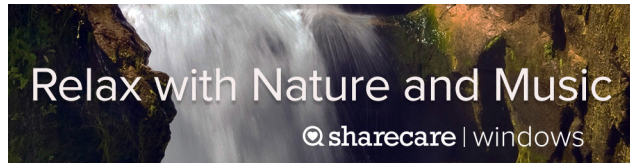
[30 Minutes at Mauna Kea Beach](#)

[30 Minutes in Beautiful Spain](#)

[30 Minutes in Iceland](#)

[A 30-Minute Trip Through Amsterdam](#)

[One-Hour Shinrin-Yoku \(Forest Bathing\)](#)



Continued

RELAX WITH NATURE SOUNDS

- [30 Minutes in Beautiful Portugal](#)
- [45 Minutes in South America](#)
- [A One-Hour Stay at the World's Most Peaceful Resorts](#)
- [A One-Hour Tour Through Hawaii](#)
- [A One-Hour World Tour](#)
- [A Trip Through Lake Tahoe](#)
- [A Trip Through The World's Greatest Cities](#)
- [A Trip Under the Sea](#)
- [Around the World in 90 Minutes](#)
- [Around the World in One Hour](#)
- [One Hour of Colorful Colorado](#)
- [One Hour of Gorgeous Aerial Views **NEW**](#)
- [One Hour of Gorgeous, Calming Nature](#)
- [One Hour of Himalayan Singing Bowls](#)
- [One Hour of Relaxing Rocky Beaches](#)
- [One Hour of Relaxing Water](#)
- [One Hour of Soothing Sights and Sounds](#)
- [One Hour of the World's Most Beautiful Beaches](#)
- [One-Hour Journey Through Chicago](#)
- [The World's Most Breathtaking Waterfalls](#)
- [Two Hours of Beautiful, Soothing Sites](#)
- [Two Hours of Calming Sights and Sounds](#)
- [Two Hours of Divine Beaches](#)
- [30 Minutes of WATER Relaxation](#)
- [30 Minute Cruise in Montenegro](#)
- [30 Minutes of Afternoon Sunshine in Montenegro](#)
- [30 Minutes of Breathtaking Sunset over the Adriatic Sea](#)
- [30 Minutes of Morning Sunshine on the Adriatic Sea](#)
- [30 Minutes of Morning Sunshine over Istanbul](#)
- [30 Minutes of New York City Sunrise](#)
- [30 Minutes of Sheep for Relaxation](#)
- [30 Minutes of Stunning Montenegro](#)
- [30 Minutes of Sunrise over Carmel, California](#)
- [30 Minutes of Sunrise over Kotor](#)
- [30 Minutes of Sunrise over Mara Beach](#)
- [30 Minutes of Sunrise over Monastery Beach](#)
- [30 Minutes of Sunrise over Palm Springs](#)
- [30 Minutes of Sunrise over the Adriatic Sea](#)
- [30 Minutes of Sunrise over the Bosphorus Strait](#)
- [30 Minutes of Twilight over Montenegro](#)



Designed for Kids of all ages

Play for Kids 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. This series was developed in conjunction with Nemours duPont Hospital for Children.

PLAY (Children's Relaxation)

[A One-Hour Journey Around the Globe for Kids](#)

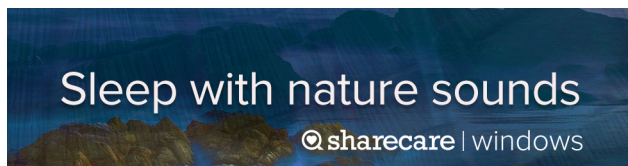
[A One-Hour World Tour for Kids](#)

[A Trip Under the Sea for Kids. One Hour](#)

[One Hour of Jungle Waterfalls for Kids](#)

[One Hour of Soothing Sights and Sounds for Kids](#)

[One Hour of the American Flag for Kids](#)



Designed for a full night's restful sleep

The Sleep collection features extremely low light soothing HD video with complementary natural white, pink and brown noise. 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 interferes with REM sleep. This series was developed in conjunction with the Sleep Medicine Center at Stanford Health.

SLEEP AND DEEP RELAXATION

[8 Hours of Beach Bonfire with Soothing Waves for Sleep](#)

[8 Hours of Relaxing Rainfall for Sleep](#)

[8 Hours of Soothing Surf at Carmel Beach for Sleep](#)

[8 Hours of Soothing Surf at Coronado Beach for Sleep](#)

[8 Hours of Gentle Soothing Surf for Sleep](#)

[8 Hours of Tranquil Lake Sounds for Sleep](#)

[8 Hours of Waterfalls for Sleep](#)

[8 Hours of Waves for Sleep](#)

[9 Hours of Box Fan for Sleep](#)

[9 Hours of Ceiling Fan For Sleep](#)

[9 Hours of Oscillating Fan for Sleep](#)

[9 Hours of Gentle Tropical Rainstorm for Sleep](#)

[9 Hours of New York City's 5th Avenue at Night for Sleep](#)

[9 Hours of Nighttime Nature Sounds for Sleep](#)

[9 Hours of Pacific Ocean Waves for Sleep](#)

[10 Hours of Soothing Surf at Del Norte for Sleep](#)

[10 Hours of Soothing Surf at Del Norte for Sleep Black Screen](#)



Meditation and hypnosis to comfort the body and soul

This new series of guided meditations and hypnosis videos have been created exclusively for Sharecare Windows by some of the leading practitioners in their fields, including Dr. Deepak Chopra, Dr. Mike Dow and Donna D’Cruz. These sessions are designed to help your patients relieve anxiety and cope with a multitude of life’s challenges.

GUIDED HYPNOSIS: Dr. David Dow

[12-Minute Hypnosis for Irritable Bowel Syndrome](#)

[15-Minute Hypnosis for Pain](#)

[15-Minute Hypnosis for Anxiety](#)

[10-Minute Hypnosis for Sleep](#)

GUIDED MEDITATION: Deepak Chopra

[3-Minute Peaceful Meditation](#)

[One-Minute Peaceful Meditation](#)

GUIDED MEDITATION: Donna D’Cruz

[One-Minute Morning Meditation](#)

[Two-Minute Meditation for Weight Loss](#)

[5-Minute Meditation for Sleep](#)

[5-Minute Meditation for Anger](#)

[5-Minute Meditation for Pain](#)

[5-Minute Meditation for Sleep](#)

[5-Minute Meditation for Weight Loss](#)

[5-Minute Mid-Day Meditation](#)

[5-Minute Morning Meditation](#)

[15-Minute Hypnosis for Anxiety](#)

[15-Minute Meditation for Anger](#)

[15-Minute Meditation for Pain](#)

[15-Minute Meditation for Sleep](#)

[15-Minute Meditation for Weight Loss](#)

[15-Minute Mid-Day Meditation](#)

[15-Minute Morning Meditation](#)

[30-Minute Meditation for Anger](#)

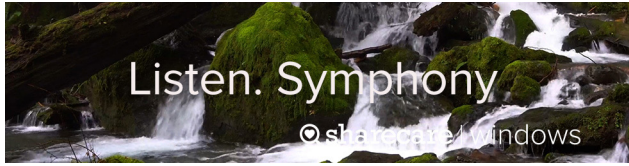
[30-Minute Meditation for Pain](#)

[30-Minute Meditation for Sleep](#)

[30-Minute Meditation for Weight Loss](#)

[30-Minute Mid-Day Meditation](#)

[30-Minute Morning Meditation](#)



LISTEN SYMPHONY features gorgeous scenery from around the world set to symphony, jazz and original music scores

CLASSICAL MUSIC WITH NATURE VIDEO

[20 Minutes of Symphony at Fern Canyon](#)

[30 Minutes of Symphony in Chile's Antuco River Valley](#)

[30 Minutes of Symphony on Lake Tahoe](#)

[45 Minutes of Classical Piano for Sleep and Relaxation](#)

[45 Minutes of Guitar for Sleep and Relaxation](#)

[45 Minutes of Symphony to Iceland's Gulfoss Waterfall](#)

[70 Minutes of Symphony to Sunsets](#)

[80 Minutes of Symphony in Colorado](#)

[80 Minutes of Symphony to Flowers](#)

[100 Minutes of Symphony on Washington's Lake Crescent](#)

[One Hour of Symphony to Rushing Water](#)

[Vivaldi's Four Seasons with Breathtaking Views](#)



Yoga, guided meditation and music to comfort the body and spirit, developed in collaboration with Yocalm Studios UK and Sharecare Windows.

The Comfort YOCALM collection presents video content from world-leading experts from yoga, meditation, energy, medical and musical fields. Comfort provides wellness at your fingertips, anytime, anywhere—from a quick guided breathing sessions to calm the nerves—to yoga classes that get the blood flowing and improve flexibility.

YOGA, MINDFULNESS AND MUSIC

[5 Minutes of Yoga for Breath Awareness](#)

[5-Minute Yoga: Abdominal Breathing*](#)

[6 Minutes of Yoga by the Ocean](#)

[6-Minute Yoga: Alternate Nostril Breathing](#)

[8 Minutes of Yoga With Sound Meditations*](#)

[9-Minute Yoga: 3 Simple Meditations*](#)

[9-Minute Yoga: Meditation and Visualization](#)

[10-Minute Guided Meditation*](#)

[13-Minute Seated Yoga: Level I](#)

[10-Minute Seated Yoga: Level II](#)

[12 Minutes of Yoga for Restful Sleep](#)

[13-Minute Yoga to Ease Anxiety \(non-ambulatory\)](#)

[15-Minute Guided Meditation*](#)

[17 Minutes of Yoga for Relaxation Anywhere](#)

[17 Minutes of Yoga to Harness Your Chakra Energy](#)

[18 Minutes of Yoga for Relaxation and](#)

[Stress Relief Anywhere](#)

[18-Minute Yoga: Savasana Relaxation](#)

[20 Minutes of Yoga for Relaxation and Stress Relief](#)

[20 Minutes of Yoga to Break Any Habit](#)

[22 Minutes of Yoga for Mindfulness and Meditation](#)

[23 Minutes of Yoga for Living Well With Dementia](#)

[36 Minutes of Hindu Raga Music for Yoga](#)

[100 Minutes of Meditative Music for Yoga](#)

[One-Hour Yoga for Beginners](#)

[One-Hour Yoga for Men's Health](#)

** Available in Japanese, Spanish, German and French language versions*