

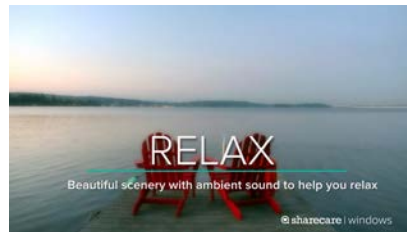
 **sharecare** | windows

Wellness Content Offering 2024-2025

12.12.24

avidex 

World-Class Relaxation Video from International Award-Winning Filmmakers



Original Content Designed for Better Outcomes

Sharecare Windows, the award-winning globally recognized producer of original relaxation videos. This special video content empowers people to find stillness and peace in their everyday life. Sharecare Windows' video library is thoughtfully curated into five specialty categories containing hundreds of hours of relaxation, meditation, sleep and music-video programming.

Feedback from hospitals and healthcare organizations 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 from 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 with ambient noise to help you relax

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.

WORLDWIDE RELAXATION

[30 Minutes of Relaxing Water](#)
[The World's Most Breathtaking Waterfalls](#)
[One-Hour Journey Through Chicago](#)
[One Hour of Soothing Sights and Sounds](#)
[30 Minutes of Breathtaking Scenes from Around the World](#)
[30 Minutes in Beautiful Spain](#)
[Beautiful Vistas from Around the World](#)
[One Hour of Colorful Colorado](#)
[Around the World in 90 Minutes](#)
[Around the World in One Hour](#)
[45 Minutes in South America](#)
[A One-Hour World Tour](#)
[A 30-Minute Journey Around the World](#)
[One Hour of Gorgeous, Calming Nature](#)
[Two Hours of Calming Sights and Sounds](#)
[Two Hours of Beautiful, Soothing Sites](#)
[One Hour of the World's Most Beautiful Beaches](#)
[One Hour of Relaxing Water](#)
[Two Hours of Divine Beaches](#)
[A One-Hour Stay at the World's Most Peaceful Resorts](#)
[One Hour of Relaxing Rocky Beaches](#)
[One Hour of Gorgeous Aerial Views](#)
[A Trip Through Lake Tahoe](#)
[A One-Hour Tour Through Hawaii](#)
[Around the World in 30 Minutes](#)
[30 Minutes in Iceland](#)
[A Trip Under the Sea](#)
[30 Minutes in Beautiful Portugal](#)
[A 30-Minute Trip Through Amsterdam](#)
[A Trip Through The World's Greatest Cities](#)
[One-Hour Shinrin-Yoku \(Forest Bathing\)](#)

WALLPAPER: 30 MINUTE DESTINATIONS

[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 New York City Sunrise](#)
[30 Minutes of Morning Sunshine on the Adriatic Sea](#)
[30 Minutes of Morning Sunshine over Istanbul](#)
[30 Minute Cruise in Montenegro](#)
[30 Minutes at Mauna Kea Beach](#)
[30 Minutes of Afternoon Sunshine in Montenegro](#)
[30 Minutes of Stunning Montenegro](#)
[30 Minutes of Sheep for Relaxation](#)
[30 Minutes of Twilight over Montenegro](#)
[30 Minutes of Breathtaking Sunset over the Adriatic Sea](#)



Yoga, guided meditation and music to comfort the body and soul

The Comfort 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, GUIDED MEDITATION 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](#)



Gorgeous scenery from around the world set to symphony, jazz and original music scores

Listen is a masterful collaboration of inspiration and relaxation for all the senses.

The classical music video selections combine young artists' interpretations of classical piano and symphonic melodies with complementary nature video. Nature's Relaxation includes original music scores created to accompany our stunning nature video. The faith-based videos combine spiritual readings and relaxing video.

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](#)

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

NATURE'S RELAXATION VIDEO WITH ORIGINAL MUSIC SCORES

[One Hour of Beautiful Northern California](#)

[One Hour of Beautiful Southwest Colorado](#)

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

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

[One Hour of Soothing Waterfalls](#)

[One Hour of Relaxing Beaches](#)

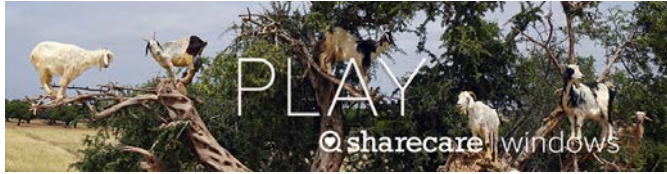


Designed for a full night's restful sleep

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](#)
- [9 Hours of Gentle Tropical Rainstorm 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](#)
- [10 Hours of Soothing Surf at Del Norte for Sleep](#)
- [10 Hours of Soothing Surf at Del Norte for Sleep Black Screen](#)
- [8 Hours of Waves for Sleep](#)
- [9 Hours of Pacific Ocean Waves for Sleep](#)
- [8 Hours of Waterfalls for Sleep](#)
- [8 Hours of Tranquil Lake Sounds for Sleep](#)
- [9 Hours of Nighttime Nature Sounds for Sleep](#)
- [9 Hours of New York City's 5th Avenue at Night for Sleep](#)
- [9 Hours of Ceiling Fan For Sleep](#)
- [9 Hours of Box Fan for Sleep](#)
- [9 Hours of Oscillating Fan for Sleep](#)



Playful relaxing videos for children 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.

NATURE AND DESTINATION VIDEO FOR ALL AGES

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

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

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

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

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

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



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