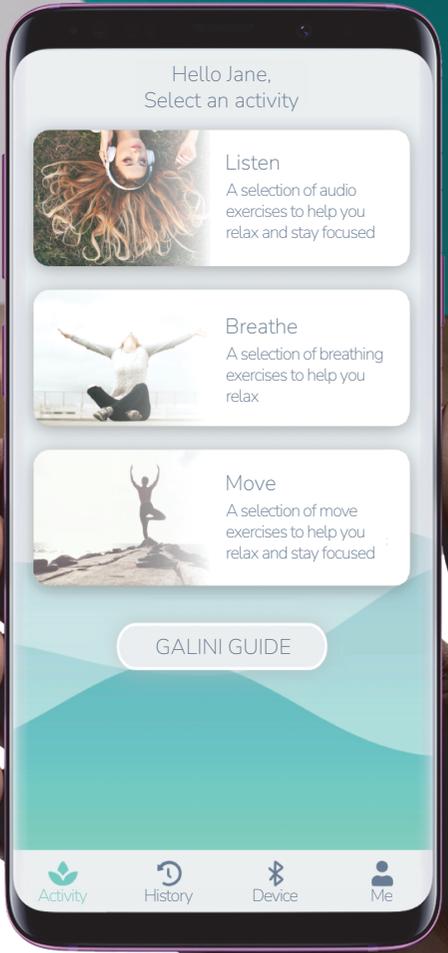




# Galini

## Unleash the Power of Mindfulness



Stress Relief  
That's **Measurable,**  
**Tailored,** and  
**Backed by Science**

Download Free



# Presenting Galini

The stress management solution with a suite of scientifically proven techniques to help you achieve the sense of peace and clarity of mind that you need.



## 3 Measures of Wellness in Galini

### Relaxation

Stress is unavoidable but the effects of stress can be kept in check. While external pressures may weigh in on us, relaxation can ensure that our body and mind is free from the tension and anxiety.



### Mindfulness

A state of being acutely **aware** of what is happening around you (high attention) and yet being thoroughly composed (high relaxation).



### Mood

Your emotional state influences your level of relaxation and mindfulness. Understanding how you are feeling before and after the exercises will help you to be **aware** of your state of mind.



# Our Unique Approach

## SenzeBand Brainwave Sensor

Galini, when used with a SenzeBand, actively monitors and responds to your state of mind, ensuring that individual elements in your exercises adapt accordingly to achieve the best results for you.



## Listen to Reach Ideal Relaxation Faster

Calming scenery infused with dynamic audio frequencies that adapt to each individual's state of mind to reach optimal levels of relaxation.



## Breathe to Better Balance Mind & Body

Pictures of aromatic drinks coupled with controlled breathing techniques that support users to visualise an imagery of the aroma.



## Move to Control Your Mind Well

The integration of specially designed movements and interaction with the screen direct users to regulate their focus.



# Feel Stronger, Live Healthier, Love Better

## Stress-Free Happiness

Research shows happier people engage more in leading healthy, purpose driven, meaningful lives.



### POSITIVE VIBES

Feel balanced, feel nice  
Feel like yourself



### POSITIVE MIND

Taking care of yourself  
means to feel good and relaxed



### POSITIVE LIFE

Busy at work?  
A little mindfulness will be  
calming

## Did You Know?

- 73% regularly experience ailments caused by stress
- Chronic stress has been linked to 6 leading causes of death
- 54% said stress negatively affected personal relationships



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Find Out More

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