

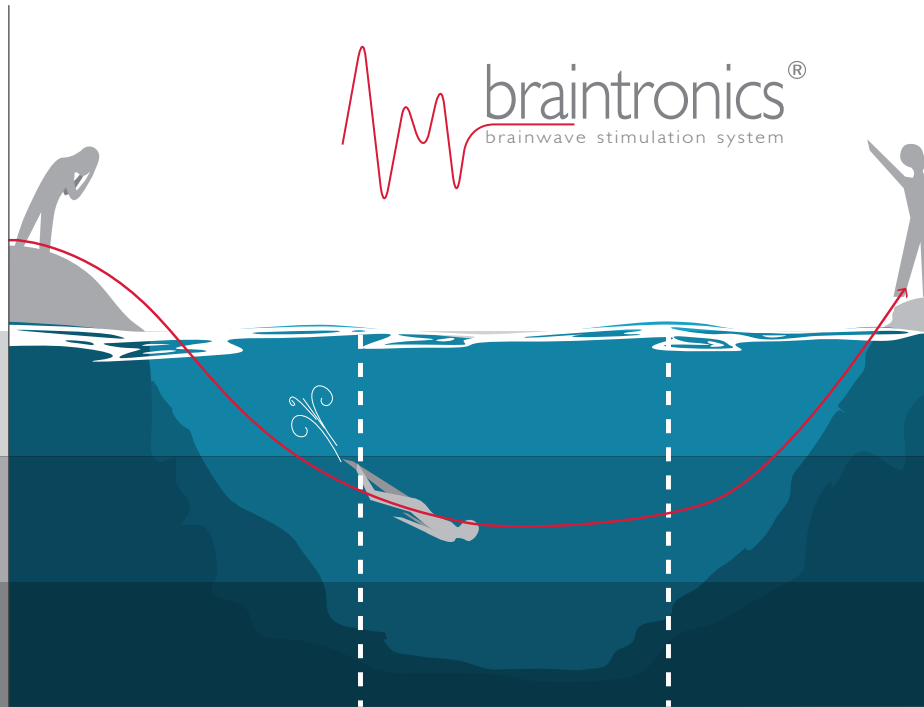


**BETA** | frequency 14 – 30 Hz

**ALPHA** | frequency 7 – 14 Hz

**THETA** | frequency 3 – 7 Hz

**DELTA** | frequency 1 – 3 Hz



8 minutes  
relaxation



7 minutes  
treatment



6 minutes  
awakening



21 MINUTES TIMEOUT FOR BODY & SOUL