

Flowborn VR

Harness the power of your breath to relax



Rating



Purpose & Overview

Combines meditative breathwork with biofeedback, guiding users through serene environments to reduce stress, improve breathing, and promote relaxation.

PIX VR Framework Evaluation



Type of Interaction

- **Guided Breathwork:** Users control the experience through diaphragmatic breathing detected by the VR system.
- **Immersive Exploration:** Navigate soothing, nature-inspired environments tied to biofeedback responses.



Aim of Learning

- **Skill Development:** Master diaphragmatic breathing for relaxation and stress management.
- **Self-Regulation:** Enhance emotional awareness and control through mindful practices.



Authenticity of Engagement

- **Real-Time Biofeedback:** Breathing directly influences the VR experience, creating a personalized journey.
- **Psychologist-Designed:** Developed using evidence-based practices to ensure effectiveness and authenticity.



Flow and Metacognition

- **Flow State:** Fostered through rhythmic breathing and immersive visuals, enabling deep focus and relaxation.
- **Metacognition:** Enhances self-awareness by refining breathing techniques for better well-being.



Strengths

- ✓ Scientifically designed for mental well-being.
- ✓ Engaging visuals and non-judgmental breathing practice.
- ✓ Easy setup for individual or group use.



Limitations

- ⚠ Limited appeal for students seeking dynamic experiences.
- ⚠ Requires a quiet space and optional biofeedback sensors.
- ⚠ Focused on mindfulness, with less educational variety.



Educational Applications

SEL: Teach mindfulness and stress management.

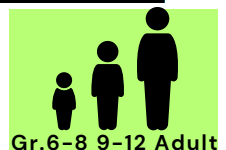
Mental Health: Support wellness initiatives.

Physical Education: Use in yoga or mindfulness units.

Biology: Explore the science of stress and breathing.



[Webpage link to lessons and curriculum connections](#)



Gr. 6-8 9-12 Adult