

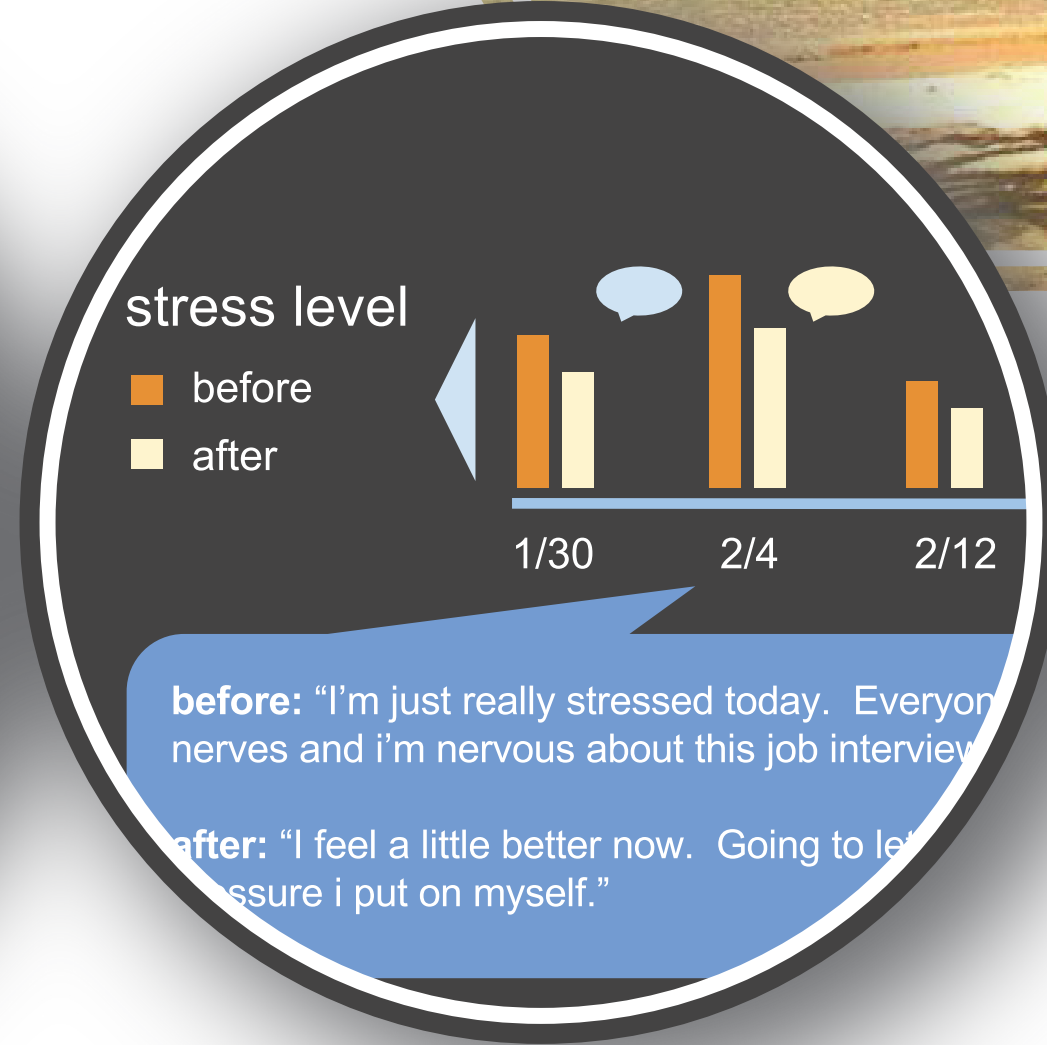


Meditation and Mindfulness in VR

Life is stressful and there are too many things to think about.

How can you take control of your mind and anxiety by meditating in virtual reality?

Transport yourself anywhere.



Animated Biofeedback

Change the world around you with your own biometrics.

Guided Hands

Engage your body if your thoughts are running wild.

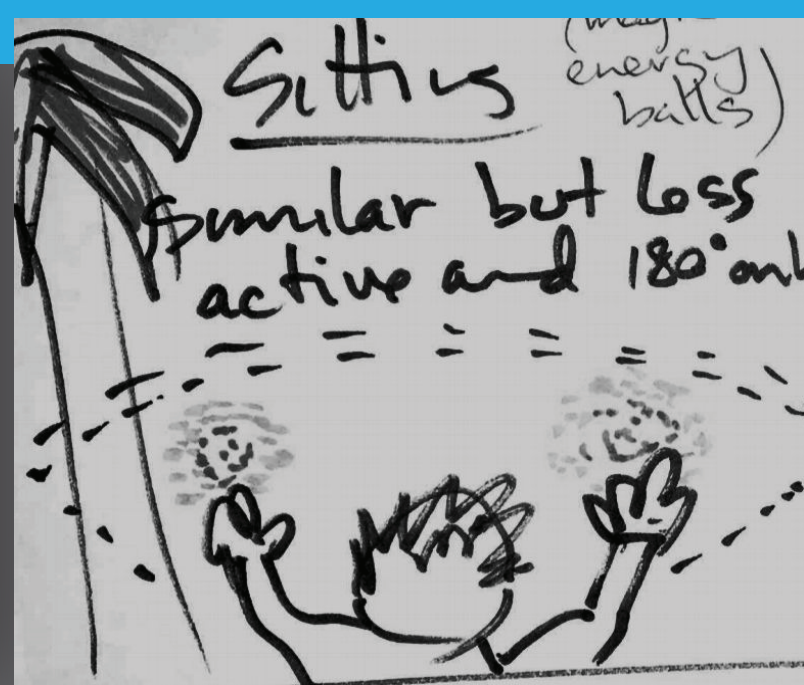
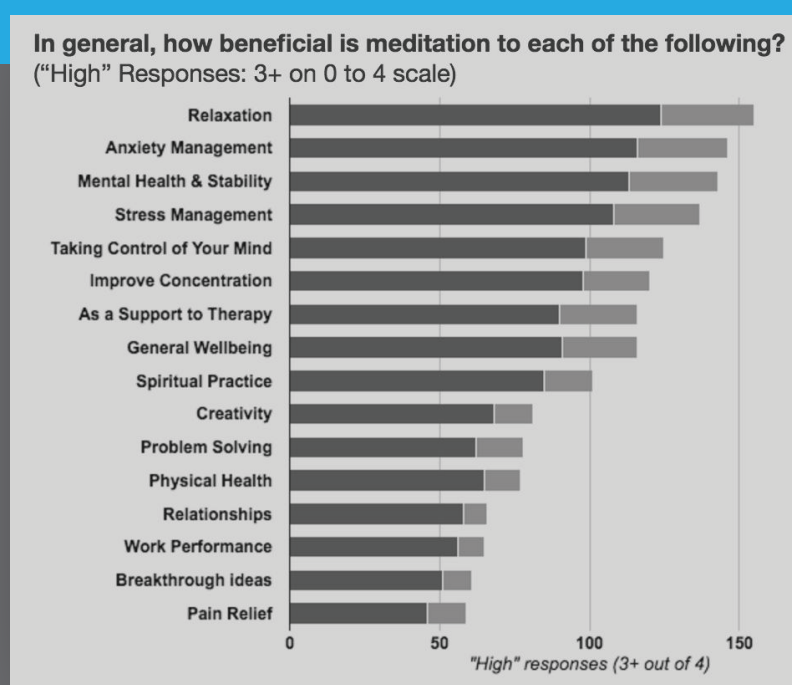
Goals and Reports

Journal your thoughts and see long-term results.

Breathing Feedback

Get calm faster with a visual breath guide.

"We learned the most from sketching and testing both lo-fi *Wizard of Oz* style and hi-fi *VR immersive* prototypes. This gave us a chance to explore a wide range of concepts." - CalmCats



Research revealed people needed help with stress, anxiety, and mental clarity.

Exploring concepts through sketching and storyboarding helped steer & sharpen ideas.

Using laser pointers to guide hand motions, we quickly tested one of our concepts.

With a lampshade and light, we found issues and improved breath guidance.

VR Prototypes offered deeper insights on the key concepts we modeled.



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