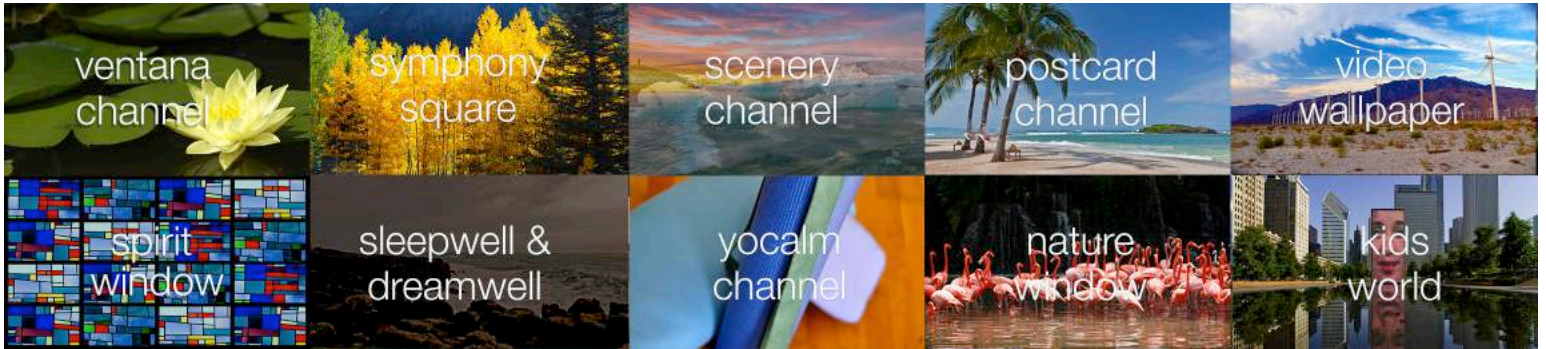


CHANNEL LINEUP SUMMER 2017



windowchannelnetwork®

225 programs
400 hours
11 channels



ventana
channel

Ventana Channel provides a wide variety of relaxation and wellbeing programs. Developed with the direction of leading healthcare institutions, each program features 10 to 20 carefully selected HD 'windows' creating a relaxing retreat from everyday distractions. For an immersive experience, programs are accompanied by the naturally occurring sounds recorded on location. [Ventana previews](#)

VENTANA LITE RELAXATION CHANNEL

Ventana Lite Relaxation Channel includes ten nature videos for general relaxation

	<i>Title Name</i>	<i>Runtime minutes</i>
1	Harmony	30
2	Heavenly	30
3	Sanctuary	30
4	Serenity nature relaxation	30
5	Symmetry	30
6	Tranquility	30
7	Unity	30
8	Vicinity	30
9	Vitality	30
10	Zenergy	30

Lite Relaxation Channel total: 5 hours

VENTANA CHANNEL

Ventana Channel includes 33 relaxation videos including general relaxation, meditation, and destination video for stress reduction and relaxation.

	<i>Title Name</i>	<i>Runtime minutes</i>
1	Aloha Hawaii natural relaxation	60
2	Caribbean, nature beaches and sunsets	50
3	Chicago	50
4	Discovery*	45
5	Entrada nature relaxation	60
6	Expedition*	57
7	Exploration, relaxation for all ages*	57
8	Falling Water, World Waterfalls	43
9	Great Golf Courses naturally beautiful	30
10	Global Views	60
11	Lake Tahoe	37
12	Los Sueños (The Dreams)	60
13	On The Beach beautiful beaches	45
14	Playa Azul Beautiful Beaches	207
15	Resort Life	60
16	Restful Rain for Sleep	110
17	Restful Rain for Meditation	35
18	Rocky Beaches nature relaxation	56
19	Colorful Colorado nature relaxation (San Juan Skyway)	50
20	South America natural relaxation	45
21	Viewers Choice "The Best of Ventana"	214
22	Tierra World Explorer	90
23	Underwater Palau*	60
24	Vistas from the Window Channel	298
25	Ventana Long Play (11 hours)	660

Ventana Channel total: 42 hours

**also included in Kids World.*



Kids World Channel is designed to meet a wide variety of relaxation and stress reduction. Kids World's program segments are geared for all age groups and attention spans. For an immersive experience, programs are accompanied by the naturally occurring sounds recorded on location. Developed in conjunction with Neimours duPont Hospital for Children. [Kids World previews](#)

KIDS WORLD CHANNEL

	<i>Title Name</i>	<i>Runtime minutes</i>
1	Discovery-Your World	45
2	Expedition-The Planet	57
3	Exploration-Our World	57
4	Underwater Palau	60
5	American Flag	60
6	Jungle Waterfalls	120
7	Morning Flags	60
8	Campfire with Ocean Waves	300
9	Counting Sheep for Sleep	240
<i>Kids World total: 16.6 hours</i>		



scenery
channel

Fire and ice and all things in between. The Window Channel Network's International Award-winning videographers travel to exotic and spectacular locations, capturing the extreme, as well as everyday life. Join us for the ultimate vicarious travel experience as we explore destinations including Iceland, Portugal, Spain, Croatia, Montenegro, New York City and Istanbul. Designed for background relaxation. [Scenery Channel previews](#)

SCENERY CHANNEL

	<i>Title Name</i>	<i>Runtime minutes</i>
1	Iceland. Pure. Magic.	30
2	Portugal Europe's West Coast	30
3	Spain Under The Sun	30
4	A Day In Amsterdam	30
5	Mauna Kea Beach Big Island Hawaii	30
<i>Scenery Channel total: 2.5 hours</i>		



postcard
channell

Relaxing video from global destinations for relaxation and entertainment. Capturing some of the most popular destinations and locations. Designed for background relaxation. Previews coming soon

POSTCARD CHANNEL

	<i>Title Name</i>	<i>Runtime minutes</i>
1	American Flag Blowing in the wind	60
2	Black Canyon of The Gunnison	60
3	Morning Meditation Carmel River Beach Estuary	180
4	Relaxing River	60
5	Jungle Falls relaxation and meditation	120
6	Morning Meditation Lake Washington	180
7	Morning Meditation Key West	60
8	Ocean Beach & Surf Europe's West Coast	75
9	Salto del Laja Falls, Chile	60
10	Southern Colorado Sunset	60
11	The Cocktail Hour, Cities Edition	60
<i>Scenery Channel total: 17 hours</i>		



Mindfulness for The Modern World: Yocalm presents world-leading experts from Yoga, Meditation, Energy, Medical and Musical fields. As an on-demand HD Video program series we provide wellness experts at your fingertips, anytime—anywhere. Yocalm Channel's captivating and engaging sessions vary from three to 60 minutes—from quick, guided breathing sessions that calm the nerves to longer yoga classes that get the blood flowing around the body and improve flexibility. [Yocalm Channel previews](#)

YOCALM CHANNEL

Yoga and Guided Meditation

	<i>Title Name</i>	<i>Runtime minutes</i>
1	Ten-Minute Guided Meditation	19
2	Five-Minute Guided Meditation	14
3	A Sound And Restful Sleep: Meditation for Sleeping	14
4	Breaking Any Habit: Therapy and Energy	21
5	Breath Awareness	6
6	Breathing Techniques: Healthy Breathing	26
7	Ocean Breathing	6
8	Abdominal Breathing	5
9	Alternate Nostril Breathing	6
10	Chakra Energy Meditation For Emotional Stability	19
11	Living Well With Dementia: Help with Improving Memory	24
12	Meditation and Visualization: Guided Meditation	44
13	Sound Meditations for the Body and Mind*	8
14	Relaxation and Stress Relief Anywhere with Nature	20
15	Relaxation and Stress Relief Lying with Nature	20
16	Seated Yoga Level I	14
17	Seated Yoga Level II	10
18	In Flight Yoga, Seated/Sitting	14
19	Yoga For Beginners a Complete Guide*	54
20	Yoga for Men's Health and Wellness*	60
21	Learning to Practice Mindfulness and Meditation*	22
22	Three Simple Meditations*	10
23	A Guided Mindful Meditation *	6
24	Visualization	10
25	Yoga Relaxation Anywhere Savasana, with Nature	19
26	Yoga Relaxation Lying Savasana, with Nature	10
27	Hindu Raga Music with Tabla, Horn and Sitar	37
28	Music For Yoga and Meditation with Nature Video	75

Yoga Instruction Classes

	<i>Title Name</i>	<i>Runtime minutes</i>
29	Yoga Devine	69
30	Yoga For Sport	46
31	Yoga For The Bigger Body	9
32	Yoga Imagine This	56
33	Yoga In Your Own Zone	50
34	Yoga Om The Ball	38
35	Yoga, A Live Class	105
36	Yoga, Live Pranayama Relaxation Class	22
37	Sun Salutation (Surya Namasker)	9
38	Switching Off The Conscious Mind	2
39	What's It Like In Class	8

*Titles available in Spanish, German, French, Italian and Japanese

Yocalm Channel total 16.7 hours





**symphony
square**

Symphony Square is a masterful collaboration with young artists' interpretations of classical piano and symphonic melodies, accompanied by original HD relaxation video from Window Channel Network videographers. The perfect combination for relaxation of all the senses.

SYMPHONY SQUARE

	<i>Title Name</i>	<i>Runtime minutes</i>
1	Chopin Inspiring Piano for sleep and relaxation <i>Performed by Edward Neeman, Olga Gurevich, Luis Sarro and Christophe Zbinden</i>	70
2	J.S. Bach inspiring piano for studying and focus <i>Performed by Kimiko Ishizaka</i>	82
3	World's Famous Composers relaxing and inspiring <i>Performed by Martha Goldstein, Paul Pitman, Markus Staab, Nico de Napoli, Michel Rondeau, Aya Higuchi Orchestra Gli Armonici, John Harrison, Us Navy Band, Carlos Gardels.</i>	80
4	Vivaldi, Four seasons <i>Performed by John Harrison</i>	40
5	Classical Guitar for sleep, relaxation and focus <i>Performed by Gene Akimoff, Accou Music, Papasyuzo and Edson Lopes</i>	46
6	Classical Piano for a restful and inspiring sleep <i>Performed by Nico de Napoli, Edward Rosser, Carlos Gardels, Vadim Chaimovich, and Donald Betts.</i>	48
7	Chopin's Preludes, Opus 28 <i>Performed by Ivan Illic</i>	30
8	Robertr Schuman's Scenes from Childhood <i>Performed by Donald Betts</i>	23
9	6 String Quartets, composed by Charles Wesley <i>Performed by Steve's Bedroom Band</i>	60
10	Hermann Grädener, String Octet Opus 12 <i>Performed by Steve's Bedroom Band</i>	48
11	Emilie Mayer String Quartet in E Minor <i>Performed by Steve's Bedroom Band</i>	26
12	J.S. Bach The Well Tempered Clavier <i>Performed by: Kimiko Ishizakaq</i>	109
<i>Symphony Square total: 10.5 hours</i>		

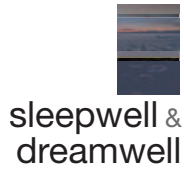


**dreamwell
channel**

Dreamwell features low light still photos with complementary natural white noise designed to aid in healthy sleep patterns. 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 interfere with REM sleep. [Dreamwell previews](#)

DREAMWELL CHANNEL

	<i>Title Name</i>	<i>Runtime minutes</i>
1	Cascading Forest Creek (Dreamwell audio)	60
2	Cascading Forest Creek (long play Dreamwell audio)	180
3	Healing Clifftop Waves (Dreamwell audio)	60
4	Healing Clifftop Waves (long play Dreamwell audio)	180
5	Midnight Paradise (long play Dreamwell audio)	60
6	Midnight Paradise (long play Dreamwell audio)	180
7	Nature Tracks (Dreamwell audio)	60
8	Nature Track (long play Dreamwell audio)	180
9	Nighttime Beaches I(long play Dreamwell audio)	180
10	Nighttime Beaches (Dreamwell audio)	60
11	Restful Rain I (Dreamwell audio)	60
12	Restful Rain I (Dreamwell audio)	180
13	Tropical Sunrise (Dreamwell audio)	60
14	Tropical Sunrise long play (Dreamwell audio)	180
<i>Dreamwell total: 30 hours</i>		



Sleepwell Channel features extremely low light soothing HD video with complementary natural white noise designed to aid in healthy sleep patterns. 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 interfere with REM sleep. Developed in conjunction with Sleep Medicine Center at Stanford Health [Sleepwell Channel previews](#)

SLEEPWELL CHANNEL*

	<i>Title Name</i>	<i>Runtime minutes</i>
1	Box Fans for Sleep and Meditation Fast-3 hour	180
2	Box Fans for Sleep and Meditation Medium-3 hour	180
3	Box Fans for Sleep and Meditation Slow -3 hour	180
4	Box Fans for Sleep and Meditation-8 hour	480
5	Ceiling Fans for Sleep and Meditation Fast-3 hour	180
6	Ceiling Fans for Sleep and Meditation Medium-3 hour	180
7	Ceiling Fans for Sleep and Meditation Slow-3 hour	180
8	Ceiling Fans for Sleep and Meditation-8 hour	480
9	Oscillating Fans for Sleep and Meditation Fast-3 hour	180
10	Oscillating Fans for Sleep and Meditation Med-3 hour	180
11	Oscillating Fans for Sleep and Meditation Slow-3 hour	180
12	Oscillating Fans for Sleep and Meditation-8 hour	480
14	Evening Rain for Sleep and Meditation-30 min	30
15	Evening Rain for Sleep and Meditation-3 hour	180
16	Midnight Sky for Sleep and Meditation-3 hour	180
17	Midnight Sky for Sleep and Meditation-1 hour	60
18	Nature's Lullaby for Sleep and Meditation-30 min	30
19	Nature's Lullaby for Sleep and Meditation-3 hour	180
20	Nighttime Beaches for Sleep and Meditation-30 min	30
21	Nighttime Beaches for Sleep and Meditation-3 hour	180
22	Restful Rain for relaxation and meditation-9 hour	540
23	Campfire with Ocean Waves Dark Screen-5 hour	300
24	Carmel Beach Surf for Sleep-8 hour	480
25	Carmel Beach Waves for Sleep-8 hour	480
26	Coronado Beach for Sleep-8 hour	480
27	Evening River Dark Screen for Sleep-9 hour	540
28	Evening Stream Dark Screen for Sleep-8 hour	480
29	Evening Surf Dark Screen for Sleep-8 hour	480
30	Evening Waterfalls Dark Screen for Sleep-8 hour	480
31	Evening Waves for Sleep-8 hour	480
32	Gentle Evening Rain Dark Screen-9 hour	540
33	Gentle Midnight Rain Black Screen-9 hour	540
34	Ocean Waves Black Screen for Sleep 9 hour	540
35	Midnight Sky & Ocean Sounds-8 hour	480
36	Nighttime Lake Dark Screen for Sleep-8 hour	480
37	Nighttime Nature with Nature Sounds for Sleep-9 hour	540
38	Nighttime Nature with Music for Sleep-9 hour	540
39	Nighttime New York-for the City that Never Sleeps-8 hour	480
40	Nighttime Surf Dark Screen for Sleep-9 hour	540
41	Nighttime Waterfalls Dark Screen for Sleep-8 hour	480
42	Himalayan Singing Bowls with Restful Rain-9 hour	540
43	Pacific Ocean Waves for Sleep Dark Screen-9 hour	540
44	Olympic Peninsula Ocean Waves for Sleep-9 hour	540
45	Ocean Waves for Sleep and Meditation-9 hour	540

Sleepwell total: 216 Hours





**VIDEO
wallpaper**

Background slow-TV for ambience—series of thirty-minute, single-point of view videos ideal for waiting areas, public spaces and other areas with high traffic. From cruise ships steaming out of Kotor Bay in Montenegro, to sunrise and sunset over the Adriatic, and windmill farms in Palm Springs, California, Video Wallpaper will engage any audience. previews coming soon

VIDEO WALLPAPER

	<i>Title Name</i>	<i>Runtime minutes</i>
1	Adriatic Sunrise	30
2	Adriatic Sunset	30
3	Carmel River Beach Sunrise	30
4	Carmel Sunrise Mara Beach and Estuary	30
5	Cruise Ship in Montenegro	30
6	Dusk in Montenegro	30
7	Mid Morning at Kotor	30
8	Monastery Beach Sunrise	30
9	Morning in Dubrovnik	30
10	Morning On the Bosphorus	30
11	New York Morning Sunrise	30
12	Our Lady of the Rocks Monestary	30
13	Palm Springs Sunrise	30
14	Sheep Meadow	30
15	Sunrise at Kotor	30
16	Sunrise on the Bosphorus	30
17	Mauna Kea Beach Hotel	30
	<i>Scenery Channel total: 10 Hours</i>	



**nature
window**

Nature Window Channel brings the beauty of the great outdoors inside. This HD video collection showcases the inspirational beauty of nature with all of its natural sounds, accompanied by relaxing, original music scores. Each original program brings nature alive—from the wilds of Africa to underwater Hawaii—for the ultimate in relaxation and entertainment. [Nature Window previews](#)

NATURE WINDOW SERIES

	<i>Title Name</i>	<i>Runtime minutes</i>
1	Bali	60
2	Beautiful Beaches	60
3	Beautiful Lighthouses	60
4	Beautiful Mountains	60
5	Beautiful Places	76
6	Beautiful Sunrises and Sunsets	60
7	California Redwoods	60
8	Costa Rica	60
9	Fall New England	60
10	Four Seasons	60
11	Hawaii	60
12	Olympic Rainforest	60
13	Pacific Coast	60
14	Rocky Mountains	60
15	Sacred Canyons	60
16	Underwater Paradise	60
17	Wild Africa	60
18	Beautiful Waterfalls	60
	<i>Nature Window Series total: 18.2 Hours</i>	



windowchannelnetwork



The Spirit Window offers support, inspiration and nurturing when and where it is needed. The Spirit Window features over 200 individual prayers and inspirational readings cataloged by religion and curated by a team of experts, drawn from academic, interfaith, spiritual and religious communities. Research affirms the conviction of the importance of providing spiritual and religious support to individuals in their care. [Spirit Window previews](#)


THE SPIRIT WINDOW CHANNEL

	<i>Title Name</i>	<i>Runtime minutes</i>
1	Buddhist Inspirations	24
2	Buddhist Prayers	36
3	Buddhist Prayers and Inspirations	60
4	Catholic Inspirations	11
5	Catholic Prayers	38
6	Catholic Prayers and Inspirations	48
7	Christian Hymns, instrumental with nature video	37
8	Christian Inspirations	11
9	Christian Prayers	38
10	Christian Prayers and Inspirations	48
11	Islamic Inspirations Part 1	32
12	Islamic Inspirations Part 2	186
13	Islamic Inspirations Part 3	171
14	Islamic Prayers	42
15	Jewish Inspirations	75
16	Jewish Prayers	41
17	Spiritual Inspirations	31
18	Spiritual Prayers	41
19	Spiritual Prayers and Inspirations	72
	<i>Spirit Window total: 17.3 hours</i>	

11 channels

225 programs

400 hours



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