

TABLE OF PROTEUS SESSIONS

Session	Time	Name	Synch.	Bin.	Mod.	L. F. O. Sequence
RANDOM SESSION						
0	varies	Pull-out-the-stops				
PEAK PERFORMANCE						
1	20	Power Regenerator	X			8 12 24 24 20 24 24 28 24 24
2	18	Performance Intensive	X	X	X	16 16 16 25 20 25 20 25 25 16 30 16
3	15	Quick Break	X	X	X	8 8 20 20 30 24 16 24 26 28 8
4	15	Power Pause	X		X	8 16 25 25 20 28 20 28 20 28 20 28 20 8 20
5	17	Athletic Warm Up	X	X	X	16 17 18 19 20 21 22 8 8
6	30	Peak Composure	X	X	X	10 10 20 2 2 16 16 23 23
RELAXATION						
7	15	Quick work break	X	X	X	4 4 20 10 10 16 17 18 19 20 20
8	25	Mind Sauna	X			10 10 20 24 50 18 10 10 4 8 7 6 5 4 4
9	16	Quick Refresher	X	X	X	8 8 16 12 4 8 4 4 10 16
10	35	Regeneration	X			16 16 4 4 4 2 2 8 24 24
11	60	Deep Meditation	X	X	X	10 10 20 10 4 4 2 2 4 2 8 24
12	15	MindLab Relax 15	X		X	12 6 9 6 15
13	25	Mindlab Relax 25	X		X	12 6 9 6 9 6 9
14	35	MindLab Relax 35	X	X	X	12 6 9 6 9 6 9 6
15	45	MindLab Relax 45	X	X	X	12 6 9 6 9 6 9 6 9 6 9 6 9
16	60	MindLab Relax 60	X		X	12 6 9 6 9 6 9 6 9 6 9 6 9 6 9
LEARNING						
17	10	Quick Alertness	X	X	X	10 10 24 8 8 10 2 16
18	35	Learning With Tapes	X	X	X	16 16 8 8 8 8 8 8 20 24 24
19	15	Relax before Exams	X	X	X	20 20 10 10 8 8 10 10
20	15	Concentration	X		X	10 10 24 24 28 7.8 16 16 24 24
21	20	Creativity Enhancement	X			16 16 10 10 10 20 20 24 24
22	20	Visualization	X	X	X	8 10 16 20 16 24 20 28 24 30 24 12 24
23	15	MindLab Learn 15	X		X	12 6 4 6 12
24	25	MindLab Learn 25	X		X	12 3 6 3 6 12
25	35	MindLab Learn 35	X		X	12 3 6 3 6 3 6 3
26	45	MindLab Learn 45	X		X	12 3 6 3 6 3 6 3 6 3 15
27	60	MindLab Learn 60	X		X	12 3 6 3 6 3 6 3 6 3 6 3 15
WELL-BEING						
28	25	Mind/Body Awareness	X	X	X	4 4 20 4 10 8 8 4 16 4 4 4 16
29	22	Afternoon Break	X	X	X	16 15 14 13 12 11 10 9 8 8 4 2 4 4 20
30	25	Deep Relaxation	X	X	X	10 9 8 4 8 4 8 4 8 8 20
31	18	Goodnight	X	X	X	16 16 4 4 2 2
32	25	Release the day	X	X	X	12 12 4 4 8 8 16 24 24
VISUALIZATION						
33	15	MindLab Visualize 15	X	X	X	4 10 5 14 5 12 repeated 3 times
34	25	MindLab Visualize 25	X	X		ditto no. 33 plus 4 10 5
35	35	MindLab Visualize 35	X	X	X	4 20 5 14 5 15 repeated twice, then 4 20 5 14 5
36	45	MindLab Visualize 45	X	X		ditto no. 33 plus 4 10 5 14 5
37	60	MindLab Visualize 60	X	X	X	4 10 5 20 5 15 repeated 4 times
ENERGIZING						
38	15	MindLab Energize 15	X		X	8 14 8 16
39	25	MindLab Energize 25	X		X	8 14 8 15 8 18
40	35	MindLab Energize 35	X		X	8 14 8 15 8 15 8 18
41	45	MindLab Energize 45	X		X	8 14 8 15 8 15 8 15 8 18
42	60	MindLab Energize 60	X		X	8 14 8 18 8 14 8 18 8 14 8 18 8 14
SLEEP						
43	15	MindLab Sleep 15	X			9 6 3 5 3 2
44	25	MindLab Sleep 25	X	X	X	9 6 3 6 3 6 2 1
45	35	MindLab Sleep 35		X	X	10 7 2.5 7 2.5 7 2 1
46	45	MindLab Sleep 45	X		X	11 8 2 8 1.7 7 2 6 2
47	60	MindLab Sleep 60	X	X	X	10 7 3 7 3 7 3 6 3 6 2
PYROTECHNICS						
48		Pure Entertainment 1				
49		Pure Entertainment 2				