

FRONT SIDE

MindPlace Procyon Session List			
#	Length	Session Name	Category
00	Varies	Random	
01	15	Relax before Exams	Learning
02	15	Accelerated Learning 15	Learning
03	60	Accelerated Learning 60	Learning
04	35	Accelerated Learning 35	Learning
05	10	Quick Alertness	Learning
06	15	Concentration	Learning
07	15	Attention Booster 15	Learning
08	20	Attention Booster 20	Learning
09	15	Quick Break	Peak Performance
10	17	Athletic Warm-Up	Peak Performance
11	15	Power Recharge	Peak Performance
12	30	Peak Composure	Peak Performance
13	18	Performance Intensive	Peak Performance
14	25	Mind Sauna	Peak Performance
15	15	Quick Work Break	Tranquility
16	35	Regeneration 35	Tranquility
17	45	Regeneration 45	Tranquility
18	60	Quiet Hour	Tranquility
19	60	Deep Meditation	Tranquility
20	15	Meditative Mind 15	Tranquility
21	60	Meditative Mind 60	Tranquility
22	60	Deep Tranquility	Tranquility
23	15	Night Voyage 15	Night Voyage

BACK SIDE

#	Length	Session Name	Category
25	35	Night Voyage 35	Night Voyage
26	45	Night Voyage 45	Night Voyage
27	60	Night Voyage 60	Night Voyage
28	10	Quick Energy 10	Energy
29	15	Quick Energy 15	Energy
30	25	Full Energy 25	Energy
31	35	Full Energy 35	Energy
32	45	Full Energy 45	Energy
33	60	Total Alertness	Energy
34	22	Afternoon Break	Rejuvenation
35	15	Rejuvenation 15	Rejuvenation
36	25	Rejuvenation 25	Rejuvenation
37	35	Lunch Break 35	Rejuvenation
38	45	Lunch Break 45	Rejuvenation
39	60	Middle Mind Centering	Rejuvenation
40	10	Creative Visualization 10	Visualization
41	15	Creative Visualization 15	Visualization
42	25	Creative Visualization 25	Visualization
43	35	Creative Visualization 35	Visualization
44	45	Creative Visualization 45	Visualization
45	60	Creative Visualization 60	Visualization
46	10	Fast Trip	Mind Art
47	15	Symbol Spaces	Mind Art
48	20	Kaleidoscopic Mind	Mind Art
49	30	Pyromania	Mind Art