

Procyon Sessions

	#	Category	Time	Name	Main HZ	Target Brain Wave
Beta	0	Random Session	varies	Pull-out-the-stops		
16 to 40	1	Learning	15	Relax before Exams	Alpha/Theta	Range: 8 - 20 Hz BB 5 - 8 Hz
SMR	2	Learning	15	Accelerated Learning 15	Theta	Range: 4 - 12 Hz, BB 4 - 7 Hz
12 to 15	3	Learning	60	Accelerated Learning 60	Theta	Mostly 4 - 7 Hz, BB 4 - 7, ramps up to 14.73 towards end of session
Alpha	4	Learning	35	Accelerated Learning 35	Theta	same as above (focus on Theta)
8 to 11	5	Learning	10	Quick Alertness	Alpha	10 Hz, BB 8, 10 to 24 Hz at start and towards end of session
Theta	6	Learning	15	Concentration	Alpha/SMR	7 - 28 Hz, concentration of Alpha/SMR (7 to 16 Hz), BB 7-16 Hz
4 to 7	7	Learning	15	Attention Booster 15	Beta/SMR	12 - 18 Hz, BB 12
Delta	8	Learning	20	Attention Booster 20	SMR	same as above (focus on SMR)
0.5 to 3	9	Peak Performance	15	Quick Break	Alpha/SMR	Great for concentration, ADD, increasing energy
	10	Peak Performance	17	Athletic Warm - up	Beta	8 - 24 Hz, BB 9, Theta undertone, 16 - 24 at beginning, mid focus 8
	11	Peak Performance	15	Power Recharge	Beta	8 - 28 Hz, BB 8, Focus Beta (20 - 28)
	12	Peak Performance	30	Peak Composure	Alpha/Theta/Delta	2 - 16 Hz, BB 2 - 16 Hz, Focus on 2 - 5 Hz, Beta interjected at points
	13	Peak Performance	18	Performance Intensive	Beta	Increase energy, concentration
	14	Peak Performance	25	Mind Sauna	Theta to Beta	Great for Relaxation and rejuvenation
	15	Tranquility	15	Quick Work Break	Alpha/SMR	6 - 18 Hz, BB 1 -2 Hz, Focus 9,6,12,14
	16	Tranquility	35	Regeneration 35	Alpha/Theta	2 - 24 Hz, BB 2 - 5 Hz, Focus 2, 4, 8
	17	Tranquility	45	Regeneration 45	Mostly Delta	2 - 24 Hz, BB 2 - 5 Hz, Focus 2, 4, towards end of session 8 - 24 Hz.
	18	Tranquility	60	Quiet Hour	Alpha	4 - 22 Hz, BB 1 - 4 Hz, Seg Ranges: 18-9, 9-6, 6-4, 4-11, 5-12, 12-8, 8-22
	19	Tranquility	60	Deep Meditation	Alpha	4 - 22 Hz, BB 1 - 3 Hz, Seg Ranges: 4-8, 4-13, 8-13
	20	Tranquility	15	Meditative Mind 15	Alpha	9 - 12 Hz, BB 9 - 12Hz
	21	Tranquility	60	Meditative Mind 60	SMR/Alpha	same as above (focus on Alpha/SMR)
	22	Tranquility	60	Deep Tranquility	Theta	3 - 13 Hz, BB 1 - 3 Hz, Seg Ranges: 6-4, 4-3, 3-4, 3-13
	23	Night Voyage	15	Night Voyage 15	Theta/Delta	Range: 3 - 5 Hz, BB 3 - 5
	24	Night Voyage	25	Night Voyage 25	Theta/Delta	same as above
	25	Night Voyage	35	Night Voyage 35	Theta/Delta	same as above
	26	Night Voyage	45	Night Voyage 45	Theta/Delta	same as above
	27	Night Voyage	60	Night Voyage 60	Theta/Delta	same as above
	28	Energy	10	Quick Energy 10	Alpha/SMR	Range: 7 - 18 , Alpha underlying Beta/SMR
	29	Energy	15	Quick Energy 15	Alpha/SMR	same as above
	30	Energy	25	Full Energy 25	Alpha/SMR	same as above
	31	Energy	35	Full Energy 35	Alpha/SMR	same as above
	32	Energy	45	Full Energy 45	Alpha/SMR	same as above
	33	Energy	60	Total Awareness	Alpha/SMR	same as above
	34	Rejuvenation	22	Afternoon Break	Theta	Focus 3-4 Hz, last 2 min ramp up to 20, BB 4, last two min 16
	35	Rejuvenation	15	Rejuvenation 15	Alpha/Theta	Mostly 6 to 10 Hz, BB = 1
	36	Rejuvenation	25	Rejuvenation 25	Alpha	10Hz
	37	Rejuvenation	35	Lunch Break 35	Beta	22
	38	Rejuvenation	45	Lunch Break 45	Alpha/SMR	same as above (focus on Alpha/SMR)
	39	Rejuvenation	60	Middle Mind Centering	Alpha	Hz
	40	Visualization	10	Creative Visualization 10	Alpha	Range: Theta (5Hz) to Beta (18 Hz) BB 1 - 4.
	41	Visualization	15	Creative Visualization 15	Alpha	Same as above
	42	Visualization	25	Creative Visualization 25	Alpha	Same as above
	43	Visualization	35	Creative Visualization 35	Alpha	Range: Theta (5Hz) to Beta (20 Hz)
	44	Visualization	45	Creative Visualization 45	Alpha	Same as above
	45	Visualization	60	Creative Visualization 60	Alpha	Same as above
	46	Mind Art	10	Fast Trip		4 - 40 Hz, BB 1-2. Good mixture of all ranges of frequencies
	47	Mind Art	15	Symbol Spaces		0.1 - 40 Hz, BB 1 - 4. Good mixture of everything
	48	Mind Art	20	Kaleidoscopic Mind		4 - 44 Hz, BB 2 - 3, Simultaneous combo of Theta, Alpha, Beta
	49	Mind Art	30	Pyromania		consciousness!

Note: Binaural Beats are not always on in every segment