



To download our application from your computer go to [The App Store](#) or [Google Play](#).

To download from your mobile phone go to:

**iOS – App Store**

- ✓ Search “Mind Fitness VR” in The App Store
- ✓ Click “Get it”
- ✓ Wait for the app to download and install then Click Open App

**Android – Google Play Store**

- ✓ Search “Mind Fitness” in Google Play
- ✓ Click Install
- ✓ Wait for the app to download and install then Click Open

**CREATING AN ACCOUNT IN THE MIND FITNESS LAB APPLICATION**

- ✓ Click “Sign Up” and enter:
  - ◆ Email Address (If you purchased the Bosurgi Method outside of the applications you must use the same email address you provided at purchase),
  - ◆ A Username (6 or more characters, case-sensitive)
  - ◆ A Password (case-sensitive)

**Note:** you will need to remember your Username and Password to login to the application, you cannot log in using your email address.

- ✓ Enter your
  - ◆ First Name
  - ◆ Last Name
  - ◆ DOB – this is used to optimize the Bosurgi Method Experience
  - ◆ Male/Female
  - ◆ Zip Code
- ✓ Purchase the Bosurgi Method (only if not already purchased or if you don’t plan on purchasing in another manner)



## Mind Fitness Lab

### How to start sessions...

- ✓ Login using your Username and Password
  - ◆ Click “Login” and you will go to the My Mind Fitness Overview screen
- ✓ (if Sessions are paid for) Click “Download Session” and then “Start Session”
- ✓ 1st you’ll be taken to the pre-assessment page, hit Begin
- ✓ Then you be taken to the Assessment – there are 10 state of beings – Each word represents a state of being – Choose a number between 1 and 10 that best represents your current state of being in relation to that area.
  - ◆ This allows you to track how your state of being progresses as you experience the Bosurgi Method
- ✓ To avoid distractions turn on airplane mode – turn off your ringer and vibration.
- ✓ Connect your headphones by either a cable or Bluetooth
- ✓ Practice placing your mobile device into the VR Goggles before proceeding. *(Take the plastic off of the inside lenses of the VR Goggles before 1<sup>st</sup> use)*
- ✓ Be ready to sit or recline in a comfortable position.
- ✓ Hit “Ok, Let’s Begin”
  - ◆ A 30 second timer will begin to countdown
  - ◆ Insert the mobile device into your goggles
  - ◆ Place the goggles on your head and put on your earphones
  - ◆ Get yourself into a comfortable position that you can pleasantly remain in for the entire session.

**Note:** *During the session you are immersed in a 360° by 360° space where you are able look all around you in all directions. Make sure that the position you are in, with the goggles are on you, when the countdown timer stops and the session begins is the position you will remain in for the entire session, or you will not be watching the visuals that are designed to accompany you during the session. From this position you are able to look all around the immersive VR environment by turning your head.)*

...Sit Back, Relax, and Enjoy!

