

# HUMBLE WARRIOR WELLNESS CENTER



## LOW-SENSORY ROOM

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Low-sensory rooms are available to explore your own mindfulness techniques. Each room is equipped with variable lighting, aroma diffusers, massage chairs and an iPad equipped with Insight Timer App. Insight Timer features an extensive library of guided meditations, music, soundscapes, as well as talks, lectures and courses by experts in neuroscience, psychologists, and mindfulness teachers. The iPads also offer Pandora and we have an array of books for quiet reading. The low sensory meditation rooms are offered for any type of relaxation that you feel is needed. You can read, meditate, play an instrument, listen to music, or even take a nap!