

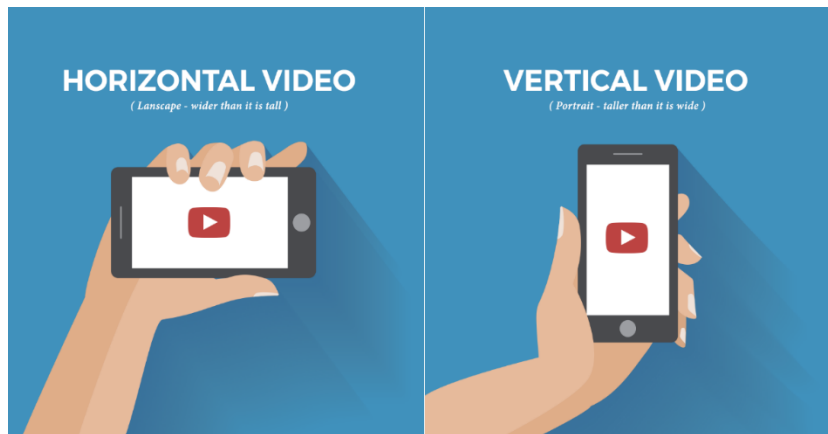


## GWV IMMERSION INITIATIVE – TESTIMONIAL PROJECT

### Recording guide:

Please answer the questions which you feel apply to you while recording yourself on your smartphone using the video function.

Please make sure the camera is horizontal when recording.



We encourage you to relax and create a little relaxing 'Zen' zone to help you relive the calming and inspiring environment of your experience. It may be helpful to spend a few minutes recalling the experience before you start as well.

Please also use headphones or make sure you are in a quiet room and your microphone is picking you up nice and clearly, we recommend doing a short test and playing back before you get started.

### For best results:

- Record horizontal
- Create a space free of clutter behind you
- Look into the camera
- Use headphones or record in a quiet place where you will not be disturbed
- Remember mistakes can be edited so try and stay in the flow

### Wellness Immersion questions:

Aiming for a maximum of 3 - 5minutes, please begin by telling us about yourself and your immersion experience.

- How did you feel before and immediately afterwards?
- What moment had the biggest impact?
- Tell us about the setting, why did you choose this environment?
- Have you experienced any long-term benefits or did the experience improve or alter your life in any way?

### See other testimonials for inspiration:

<https://globalwellnessinstitute.org/initiatives/immersion-initiative/testimonials/>