**About Prana:**
Prana is a playful meditation experience that the user engages with their breath; employing physical breath to heal various creatures in their environment, while learning to control their own breath and emotional state. Proprietary audio digital signal processing enables Prana to track breathing using the HMD’s built-in microphone.

**Starting Prana:**
Note: Please ensure that you have set up your Vive/Rift correctly using Steam VR/Oculus. Also make sure your HMD’s microphone is on and is the primary (only) microphone on your computer and functioning with Steam VR/Oculus.

**Playing Prana:**
Upon entering Prana, you will find yourself by a pond in a beautiful virtual environment. Look at the signboards in Prana for instructions. You can move around in Prana by pressing the trigger button to teleport. You will teleport to the glowing red circle that you can see on the ground in front of you. Teleport around the landscape to find different sick animals. The first animal you will come across a sickly deer that is lying down, devoid of energy.
Gameplay in Prana is driven by the user’s breath. Players should use their breath to heal sick creatures they find in the environment. Once you have teleported close enough to a creature you will see a translucent white indicator (the exhale indicator as visible in the image below) that is moving near you.

You should breathe out along with the exhale indicator. Make sure to exhale deeply (like you would when you are trying to blow out the flame on a candle). Upon exhaling you will see white particles being emitted and moving towards the animal. These particles heal the animal. If you see that the particles are not reaching the animal, then you are breathing out at the wrong time and these particles do nothing to heal the animal.

Oculus Remote Controls
**Vive Controls**

*Teleport to the chakra*

- Snap turn left
- Snap turn right

*Teleport Navigation*

- Turn Left
- Turn Right