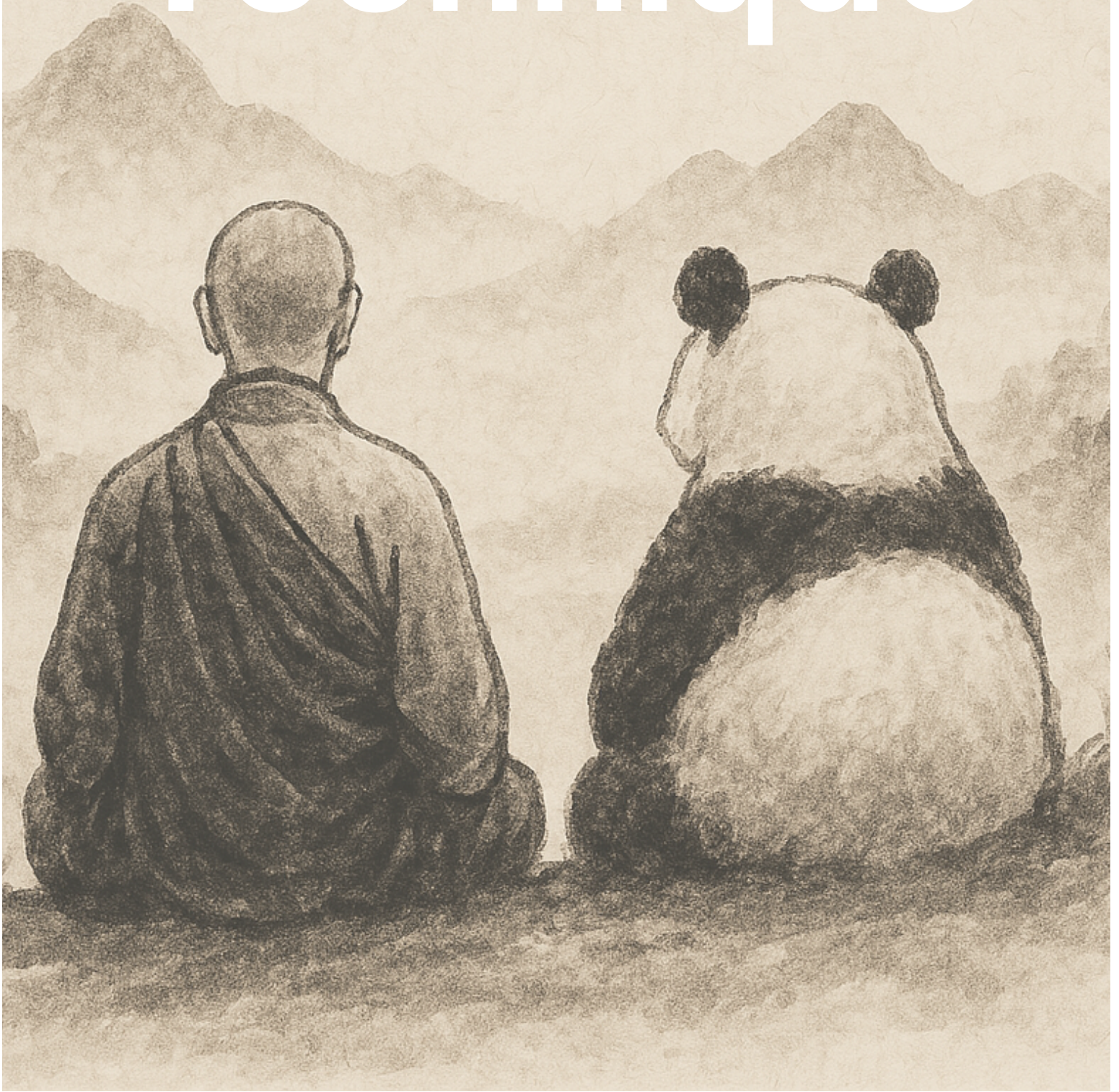


The Panda Technique

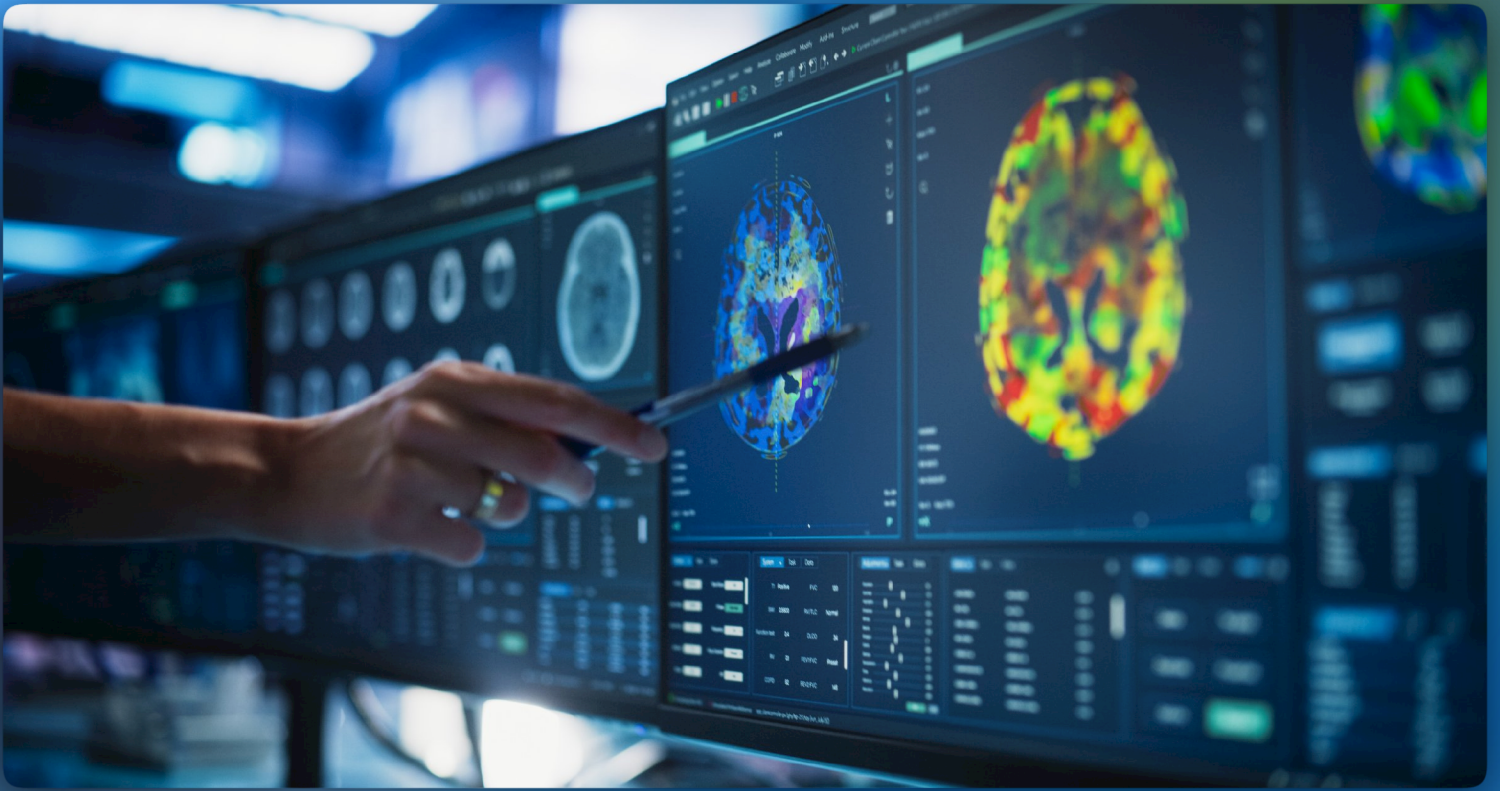


Overview

The Panda Technique is a simple, science-backed meditation method designed for modern life. Gentle cues invite micro-moments of stillness. This helps you reset your nervous system, reduce stress and ease overthinking by returning to the present moment throughout your day.

Rather than asking for 30 minutes of meditation or a retreat to a mountain top, the Panda Technique offers ***micro meditations***—short, intentional pauses cued by a gentle notification and a soothing video.





The Science Behind Micro Meditations

Why tiny moments matter

Research shows that micro meditations can:

- Lower cortisol (stress hormone)
- Improve focus and creativity
- Interrupt unconscious reactivity which improves emotional regulation
- Support heart rate variability (a sign of nervous system health)

One 2021 study from UC Berkeley found that individuals who practiced “micro mindfulness breaks” every hour reported a 32% decrease in stress over just one week.

The Panda Technique is built on this science—making those tiny moments easy, calming, and consistent.

Why the "Panda"?

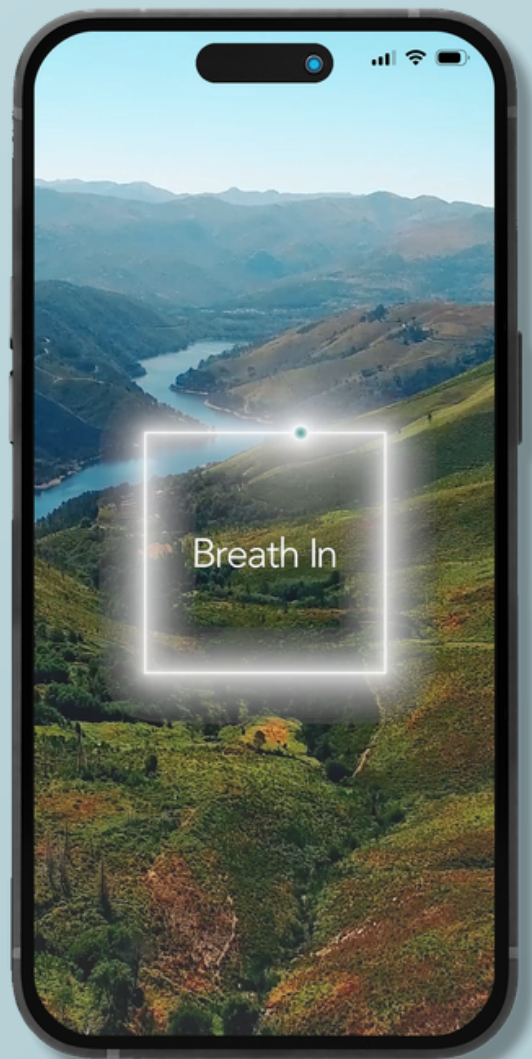
Pandas are strong yet calm, powerful yet gentle. They move through the world with quiet confidence—unrushed, aware, and at ease. That's why they're the perfect symbol for mindfulness.

When we're truly present, we embody the same qualities: confident but open, capable yet compassionate. The Panda Technique isn't about perfection or performance—it's about returning to the strength and stillness that's **already within you.**



The Panda Technique in Action

First, you'll receive a notification, arriving with a calming bell. Next, click the notification and a calming video plays.

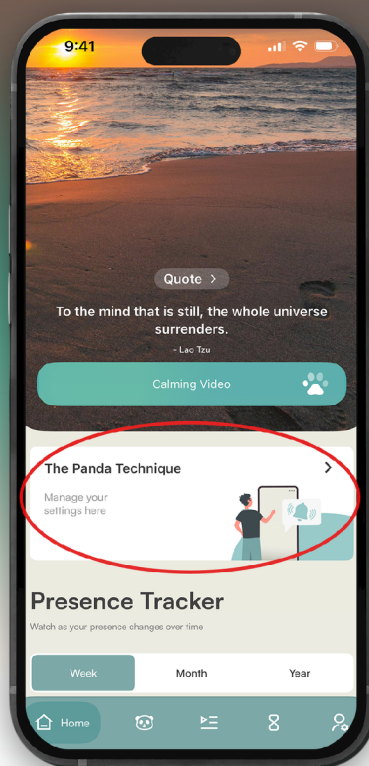


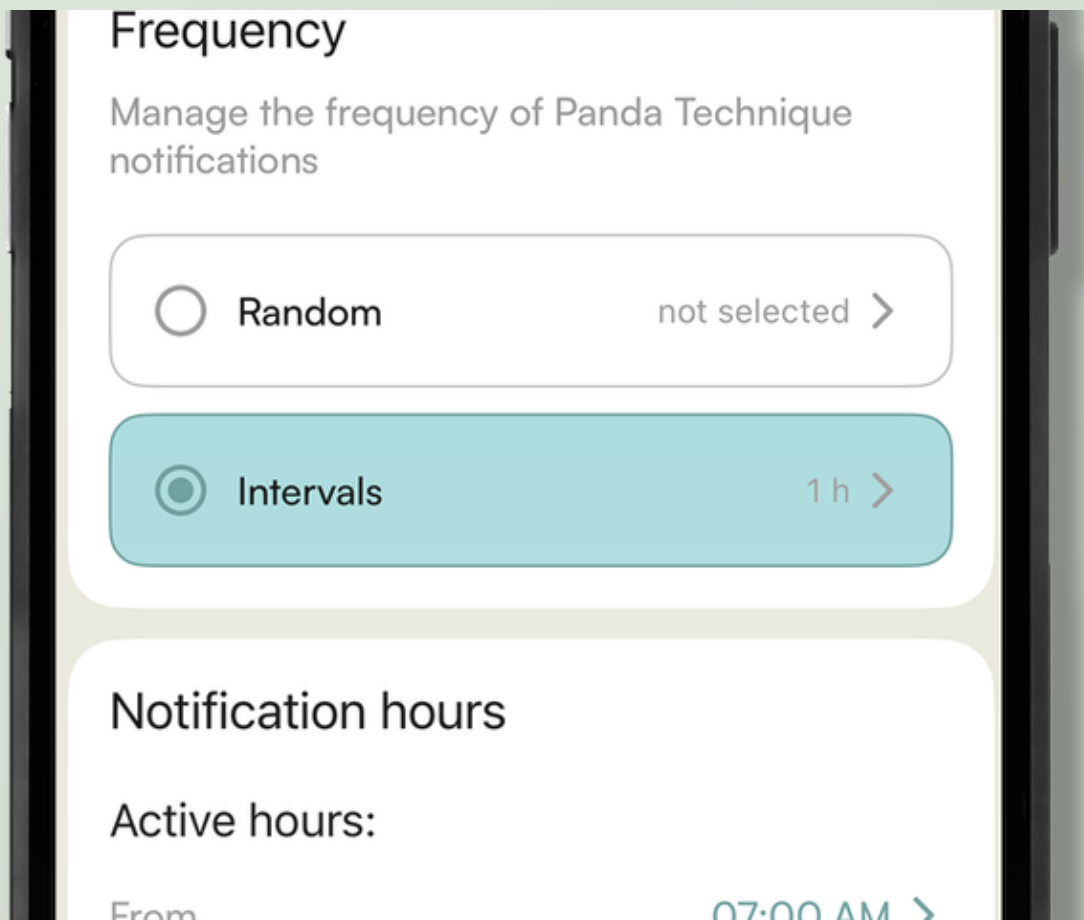
How To Set It Up

To begin, all you need is the Panda Presence app, a few minutes to customize your settings, and a willingness to pause.

Here's how to set it up:

1. Download the app ([click here if you haven't yet](#)).
2. Open "The Panda Technique" settings. (pictured below)
3. Choose how often you'd like to be gently reminded to pause.
4. Select your favorite calming video type(s).
5. Pick a notification sound that soothes.
6. Adjust any other settings to your liking.
7. That's it. You're ready to begin.



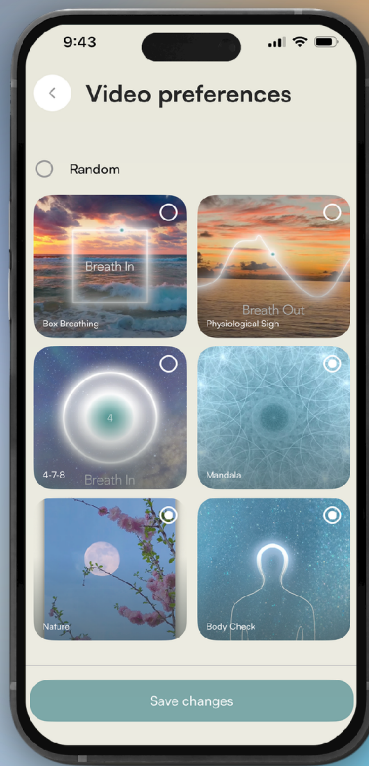


Choosing A Time Interval

One of the most powerful features of the Panda Technique is its flexibility. You can choose the frequency you'd like to receive mindful pauses.

You have two options:

1. Random Mode (1–10 reminders per day) Perfect if you want spontaneous invitations to pause. This mode feels more organic—like a little panda tapping your shoulder at just the right time.
2. Interval Mode (every 15 minutes up to every 3 hours) Ideal if you like structure. Choose a consistent time spacing that suits your day.



Choose a Calming Video Type

The right video enhances your moment of presence... makes it easier to release tension.

Choose from:

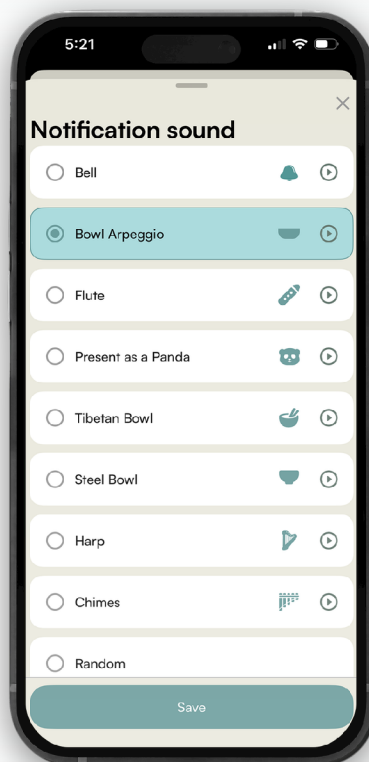
- Box Breathing
- Physiological Sigh
- 4-7-8 Breathing
- Mandalas
- Nature scenes
- Body check-ins
- Random

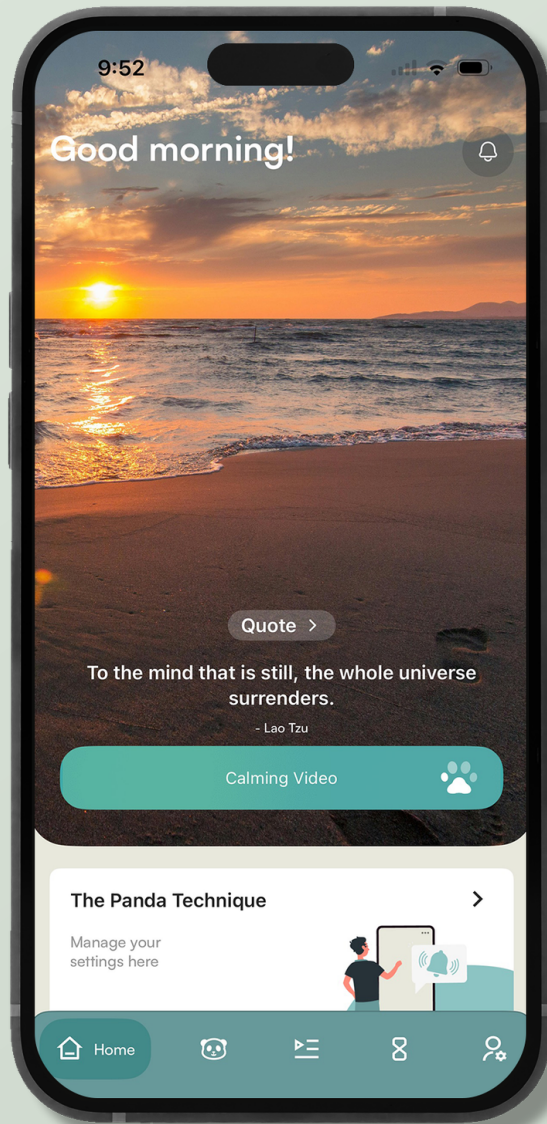
Select "Random" to experiment with different videos to see what evokes the most calm for you. There's no wrong choice. Be sure to "Save Changes" when done.

Select the Notification Sound

The Panda Technique uses soothing tones—not alarms—to guide you into presence. Pick a tone that feels like a gentle invitation rather than a task.

Each sound is tested to ensure it doesn't startle, but instead nudges you lovingly back to now. Feel free to sample each sound before saving or choose "Random" until you find the one you like.





One Last Item

Tap "**Calming Video**" from the home screen for instant access to the video style you chose during the Panda Technique setup. Use it anytime you feel overwhelmed, scattered, or tense. A quick reset, right when you need it most.

Try the App for Free

Ready to start? The Panda Presence app is your home for The Panda Technique.

You can try it for free and see how just one minute every hour can change your whole day.

Start now with a 7 day trial or send me an email and I'll send you a coupon code for 30 days free.

[Download Here](#)



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Panda Presence