

# OUR GAMES



DEEP: A MEDITATIVE VR GAME CONTROLLED BY BREATHING

MADE BY OWEN HARRIS & NIKI SMIT

## ABOUT THE GAME

A custom controller measures diaphragm expansion in order to sense deep breathing. This information is fed back to the player in a variety of visual cues, intimately linking their consciousness and breath.

The environment's layout gently encourages the player to slow their breath, to sink deeper and relax. It can be played for therapeutic or aesthetic reasons, and does not require the use of arms, legs or hands.

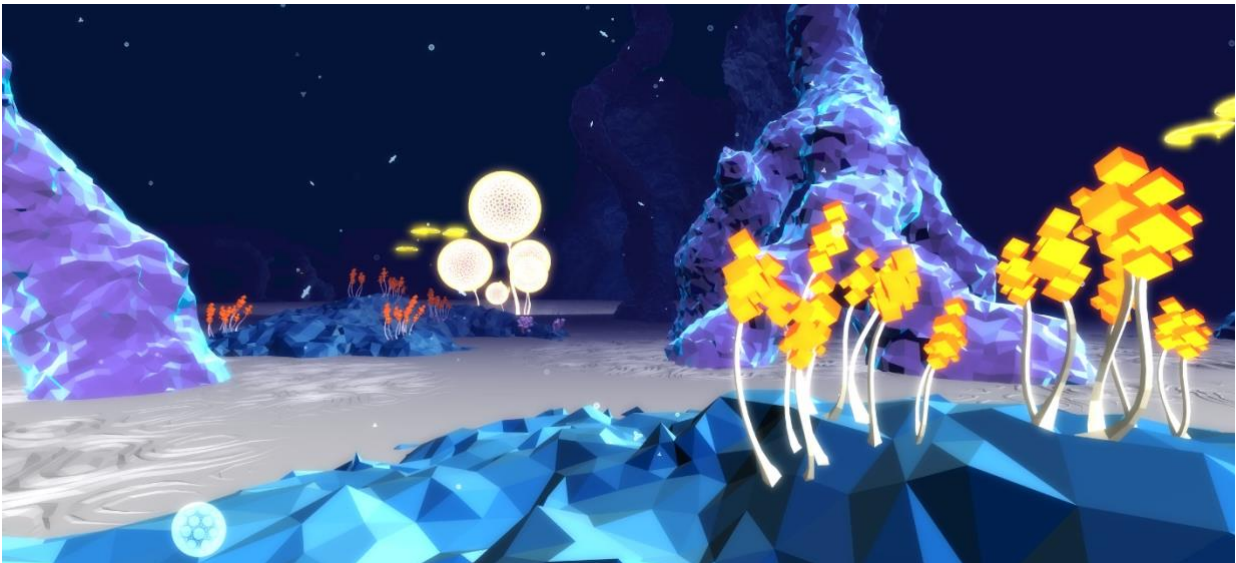
## TRAILER

[DEEP TRAILER](#)

## FEEDBACK

"(Deep) was calming, and I began to experience the sense of peace I brushed against in my other experiments in meditation ... for me, for a few minutes, it worked."

THE SCIENCE: [Exploring the Potential of Game-based Biofeedback for Anxiety Regulation](#)



Owen Harris is a game designer, VR designer and lover of all things playful. When not working on DEEP, he designs games and VR experiences for the University of Cambridge, Cancer Research UK, Gambrinous and others.

Niki Smit is co-founder of Monobanda PLAY, a Utrecht based game company that develops playful interactive experiences. He is a game designer and artist.