



video viewing instructions

virtual reality experience

human energy®

To view on a mobile phone or tablet:

1. Download the YouTube app.
2. Tap to play the video.
3. When prompted to open in YouTube, tap "yes."
4. The video will launch and play automatically in the YouTube app. Rotate your device at any angle for full 360° views.

For an immersive experience, use a virtual reality headset or Google cardboard glasses. To launch into virtual reality mode, tap the "glasses" icon at the bottom right corner of the video and place your mobile phone inside the viewing device.

To view on desktop:

1. Optimize your viewing experience with the Chrome web browser.
2. Click to play the video.
3. Use your mouse to click and drag or use the control button at the top left corner of the video to change the viewing angle.