

## National Geographic Releases Vibe Check X Nat Geo Meditative Videos on YouTube



(WASHINGTON, D.C. – April 18, 2024) Ahead of Earth Day, National Geographic announced today the launch of the new digital series **VIBE CHECK x NAT GEO**, allowing audiences to continue their enjoyment of Earth Month by using peaceful natural sounds in their meditation practice or just to enjoy while working, studying or relaxing at home. The new series is part of the global cross-platform **ourHOME** campaign, Disney and National Geographic’s month-long celebration of Earth Month. **VIBE CHECK x NAT GEO** meditative mega-episodes will each run four hours long and feature stunning archival footage from National Geographic’s treasure trove of award-winning natural history series. The premiere episode pulls from **INCREDIBLE ANIMAL JOURNEYS**, showcasing the remarkable migrations of various animal species across our planet, and **AMERICA’S NATIONAL PARKS**, exploring the incredible wildlife of America’s most iconic national parks. The series is made up of four episodes that utilize the popular [ASMR method](#) of relaxing and focusing by featuring audio of natural sounds only. The episodes will drop bi-weekly through May 28. Research has shown that meditation is an effective technique for relaxation and stress management, as well as achieving a sense of calm. Science has demonstrated that [sound can be an effective tool](#) in amplifying a person’s meditation experience. With **VIBE CHECK x NAT GEO**, audiences will be able to tap into the calm of the natural world, whether by tuning in on the television, listening while working, or incorporating into a meditation practice. For more than 136 years, National Geographic has been synonymous with inspiring a deeper connection to our world, and the series hopes to accomplish just that. “This Earth Month, we hope to encourage people to take some time for themselves and do a vibe check with our soothing content by listening to the beautiful sounds of nature and reminding people just how miraculous this world is,” said Tulani André, vice president of Social Media for National Geographic. “We believe that the best way to get people to care about the planet is to get them to fall in love with it, and these series will do just that while also bringing a sense of calm we can all use now and then.” **VIBE CHECK x NAT GEO** meditative mega-episodes are available on the National Geographic [YouTube channel](#) and the Nat Geo [ourHome hub](#) this Earth Month. The Walt Disney Company and National Geographic announced the new global cross-platform campaign **ourHOME** at the start of Earth Month, April 1. The campaign spotlights efforts internally and externally that help protect, restore and celebrate our home by highlighting creators, storytellers and Cast Members for

their contributions. **ourHOME** brings compelling stories to the forefront, including highlighting efforts being undertaken as part of Disney Planet Possible, our commitment to taking meaningful and measurable action to support a healthier planet for people and wildlife. A new digital series will spotlight three Disney Planet Possible stories, with Nat Geo talent visiting Walt Disney World Resort to see the work firsthand. Disney+ marks the occasion with the **ourHOME** content collection, featuring some of the very best storytellers and content creators celebrating the planet, including the critically acclaimed series **QUEENS, A REAL BUG'S LIFE, INCREDIBLE ANIMAL JOURNEYS**, along with the full library of **Disneynature** films. Additionally, on Earth Day, April 22, 2024, the latest installment of Nat Geo's Emmy® Award-winning **SECRETS OF... franchise, SECRETS OF THE OCTOPUS**, narrated by Paul Rudd. Also streaming on Disney+, Disneynature's all-new feature film **TIGER**, narrated by Priyanka Chopra Jonas, journeys alongside a young tigress raising her rambunctious cubs in the fabled forests of India. For more information, follow [@natgeo](#), [@NatGeoTV](#), [@NatGeoWILD](#), and [@natgeotravel](#) on Instagram; [@NatGeo](#) on Threads; [National Geographic](#), [Nat Geo TV](#), and [National Geographic Travel](#) on Facebook; [National Geographic](#) on YouTube, and [NatGeo](#) on TikTok.

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**ABOUT NATIONAL GEOGRAPHIC** Award-winning and critically acclaimed National Geographic Content, part of a joint venture between The Walt Disney Company and the National Geographic Society, creates and delivers riveting stories and experiences in natural history, science, adventure and exploration. Inspiring a deeper connection to the world, the content studio reaches 300 million people worldwide in 180 countries and 33 languages across the global National Geographic channels (National Geographic Channel, Nat Geo WILD, Nat Geo MUNDO), National Geographic Documentary Films, and direct-to-consumer platforms Disney+ and Hulu. Its diverse content includes Emmy® Award-winning franchise Genius, series Life Below Zero and Secrets of the Whales, and Oscar®- and BAFTA award-winning film Free Solo. In 2022, National Geographic Content was awarded eight News and Documentary Emmys, in addition to Life Below Zero's Emmy win for Outstanding Cinematography for a Reality Program, it's sixth Emmy overall. For more information, follow [@natgeo](#), [@NatGeoTV](#), [@NatGeoWILD](#), and [@natgeotravel](#) on Instagram; [@NatGeo](#) on Threads; [National Geographic](#), [Nat Geo TV](#), and [National Geographic Travel](#) on Facebook; [National Geographic](#) on YouTube, and [NatGeo](#) on YouTube. **MEDIA CONTACTS** National Geographic, [pressroom@NatGeo.com](mailto:pressroom@NatGeo.com)