



CONSCIOUS PARENTING

— SEMINARS —

WHAT IS HEARTMATH®

The nation's foremost non-profit organization in the areas of stress reduction and performance enhancement, The Institute of HeartMath® has conducted advanced and respected research studies over the past 20 years in the relationship between the human heart and brain. Their focus has been on how the heart, brain and all biological systems interact for balance and wellness, physically, mentally and emotionally.

HeartMath has taken their research and translated it into various tools, devices, software and coaching programs that have touched the lives of thousands of individuals from all walks of life, including employees in many leading corporations, school systems and healthcare agencies.

The easy to learn tools are all centered on heart awareness. When a person taps into the powerful emotions of gratitude or appreciation, the potential for coherent heart patterns intensifies. These flowing heart rhythms create a cascade effect which can include physical markers such as lowering blood pressure and balancing respiration rates and cognitive benefits such as fostering creative thinking and jumpstarting intuition.

For more information, go to www.HeartMath.org