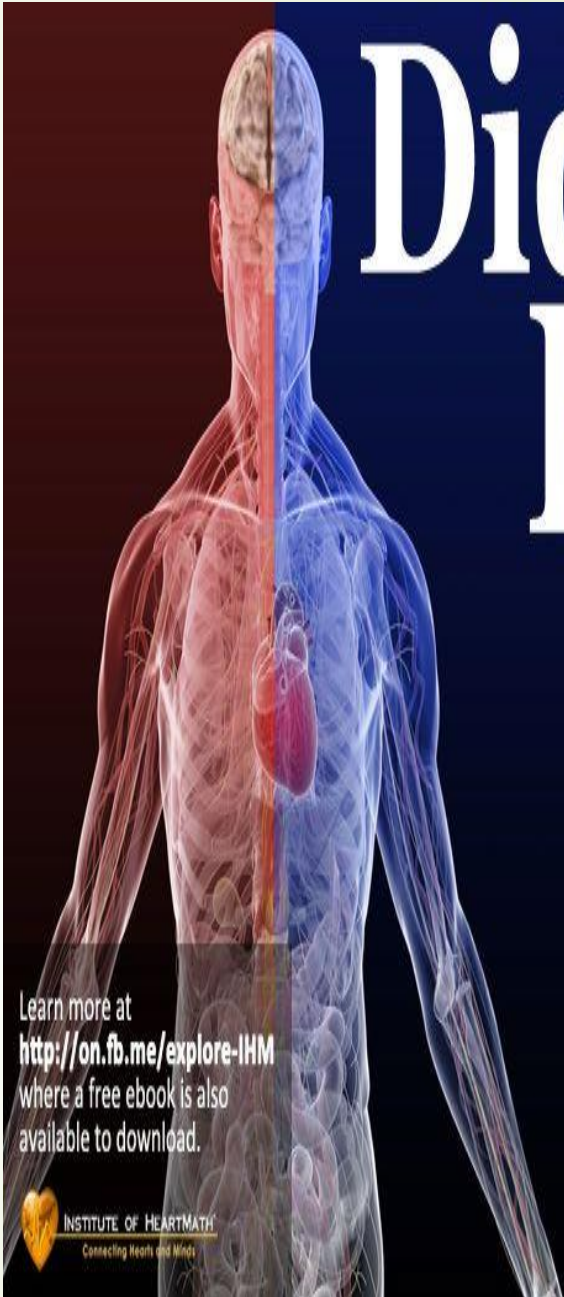




HEART MATH

DR. FONTAINE TIMMER




Did You Know

...the heart sends more information to the brain than vice versa?

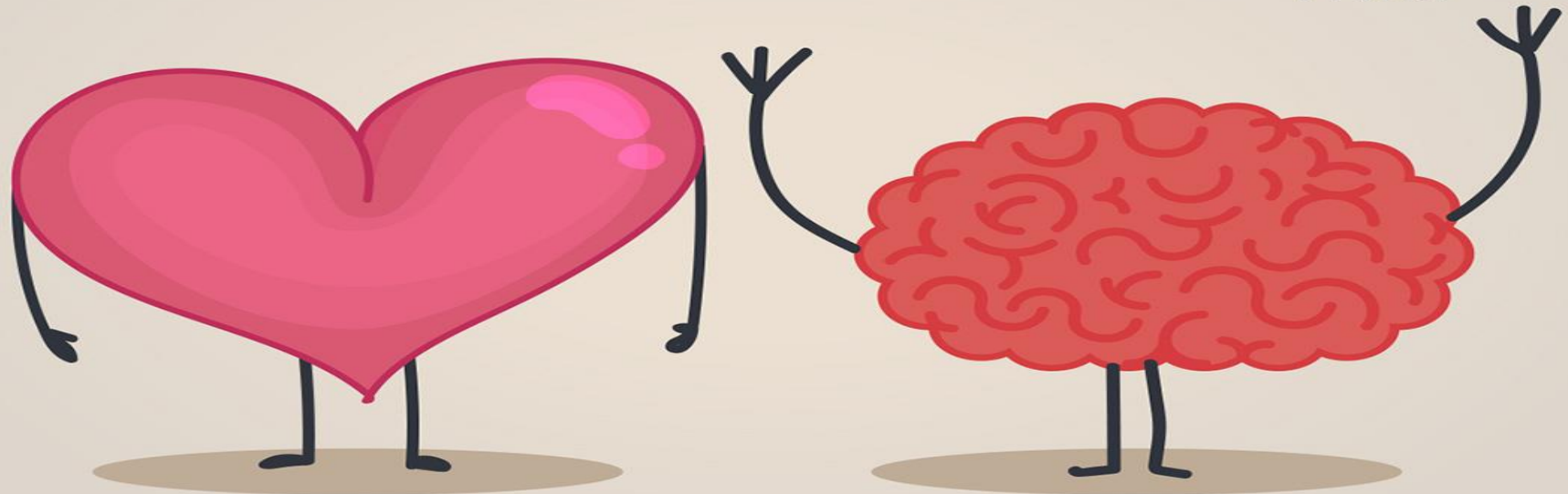
Learn more at <http://on.fb.me/explore-IHM> where a free ebook is also available to download.

Pass it on: post this fact on your wall and share this empowering information with a friend.

 INSTITUTE OF HEARTMATH
Connecting Hearts and Minds

DEAR HEART, THIS IS WHAT HAPPENS WHEN YOU
TRY TO MAKE DECISIONS ON YOUR OWN.
SINCERELY, BRAIN.

– TITAS





STRESS RELIEF SYSTEM

- ▶ BIOFEEDBACK: FOCUS IS ON HEART WAVE VARIABILITY AND COHERENCE.
- ▶ GOAL: TO TEACH YOU HOW TO BRING YOUR BRAIN, MIND, BODY AND EMOTIONS INTO BALANCED ALIGNMENT.
- ▶ BALANCE IS KEY!
- ▶ STRESS MANAGEMENT TECHNIQUE
- ▶ HEART MATH PRACTITIONER

(Edwards, 2016)



QUICK COHERENCE TECHNIQUE

- ▶ FOUNDED IN 1991
- ▶ EVIDENCED BASED RESEARCH: 20 YEARS OF VALIDATED OUTCOMES
- ▶ RESEARCH ON HEART/BRAIN/NERVOUS SYSTEM FUNCTION, STRESS, RESILIENCE AND PERFORMANCE.
- ▶ COHERENCE TECHNOLOGY: PROVIDES OBJECTIVE FINDINGS. MEASUREMENTS OF THE HEART BEAT RHYTHM UNDER STRESS VERSUS NORMAL RHYTHM.
- ▶ MEDITATION AND YOGA WITHOUT RITUALISTIC COMPONENTS

▶ <https://youtu.be/sKmKKCdnJ4U>

▶ https://youtu.be/Kyfm5_LLxow

Heart waves and Heart rate

