



The New Science of the Heart:

Creating Heart-Brain Coherence for Increased Wellbeing and Productivity



This webinar introduces cutting-edge science regarding the mysterious workings of the heart and explains how heart-brain communication impacts the entire body.

This webinar is especially appropriate during these times for maintaining emotional balance, mental clarity and sustaining resilience.

CONTENT:

- The surprising science of the heart: the heart's brain
- Heart-brain communication and its impact on physical, mental and emotional wellbeing
- Heart rate variability: the window into health, longevity, emotional regulation and performance
- The adaptive, flexible heart
- What is coherence and how it creates optimal functioning
- Heart-Focused Breathing™ Technique
- The Quick Coherence™ Technique