



## Biofeedback (HeartMath)

Biofeedback is a mind–body technique in which individuals learn how to modify their physiology for the purpose of improving physical, mental, emotional, and spiritual health. Much like physical therapy, biofeedback training requires active participation on the part of clients and regular practice between training sessions.

HeartMath is a transformational system of rigorous scientific research, validated techniques, leading-edge products and programs and advanced technologies to measure Heart Rate Variability (HRV) or heart rate over time. Using a pulse sensor plugged into a USB port, emWavePro (a HeartMath technology) collects pulse data and translates your body’s unique information into user-friendly graphics displayed on the computer screen.



Clients are taught to create a coherent state through coherence techniques and interactive exercises and games. Personal coherence, also known as psychophysiological coherence, refers to the harmony between our physical, mental and emotional systems. It can be measured by our heart-rhythm patterns. The more balanced and smooth they are, the more in sync, or coherent we are.

When we are coherent, stress levels recede, energy levels increase, and our brain and heart work together. It is a state of optimal clarity, perception and performance.

