

**ONLINE CLASS**

**Heartmath's®**

# **RESILIENCE ADVANTAGE™**

**3 Thursdays: April, 16, 23, 30, 2020**

**\$129** general public (US dollars)

each session offered twice - attend either or both

**8-10:30 am** and offered again **2-4:30 pm** pacific\*

register by April 3 and receive a bonus gift!

to register go to:

**[www.craniosacraltherapy.org/heartmath](http://www.craniosacraltherapy.org/heartmath)**





***“The moment you change your perception is the moment you rewrite the chemistry in your body.” —Bruce Lipton***

**Tuition includes** • Digital HeartMath guidebook  
• HeartMath Cert of Completion  
• with request, 7 ncbtmb ceus

**BONUS!** Register by April 3 and receive HeartMath’s online Stress and Wellbeing Assessment with instant results \*free\* (\$99 value)

**Facilitated by** Ellen Synakowski, RCST,  
Certified HeartMath Trainer,  
Coach, Stress & Wellbeing  
Administrator



Sponsored by the Biodynamic Craniosacral Assoc. of North America. Please share this flyer. The class is open to the public.

\* convert from San Francisco (pacific) to your time zone at:  
<https://www.worldtimebuddy.com>