

HeartMath Training Program

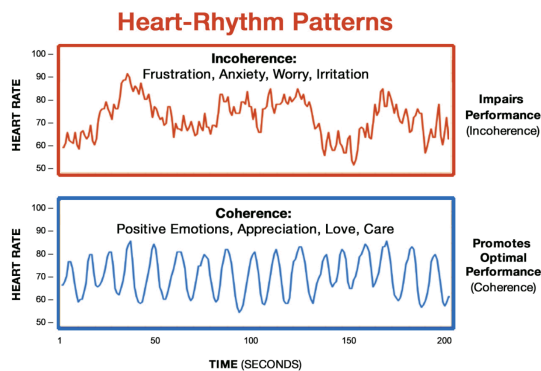


Heart Current
YOUR TIME OF HEALING

Lifelong skills to enhance wellbeing, personal and professional performance, and life quality

Heart Current Healing | HeartMath Certified Mentor: Karen Chang

Do you agree that verbal communication has its limits, but “HEART” communication is boundless? Are you interested in learning breathing techniques backed by years of scientific research that not only improve the quality of your body, mind and emotions, but also enhance your intuition and creativity?



Through practicing HeartMath daily, You will GAIN :

- (1) Inner battery recharged
- (2) Overall sense of well-being
- (3) Mental clarity and focus
- (4) Enhanced creativity
- (5) A better sense of intuition
- (6) Improved relationships
- (7) More effective communications
- (8) More resilience and vitality

Did you know - Our heart has its own independent and complete nervous system. It is as complex as the nervous system of the human brain.

The heart means “the seat of the soul”, or “heart brain” in HeartMath. It constantly receives and sends information to our entire body and to the world around us, and has the wisdom and access to our higher self.

After practicing, people report REDUCED:

- (1) Worry, overwhelm and feelings of anxiety
- (2) Sleeplessness and fatigue
- (3) Generalized stress and physical symptoms of stress
- (4) Miscommunications

Course Schedule - Level 1

- ❖ Course Schedule: Two sessions (one hour each)
- ❖ Location: Online Live Zoom Meeting
- ❖ Course Fee: USD 100 per participant
- ❖ Instructor: Karen Chang, CCHt, Certified HeartMath Mentor, LIGHT-UCSD Practitioner

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<https://heartcurrenthealing.com/energy-healing-service>