

TRANSFORM STRESS INTO RESILIENCE WORKSHOP

Transform Stress, Improve Health, Enhance Performance

HeartMath® is a scientifically-validated system of techniques and tools for reducing stress, building resilience and achieving high performance on demand. Learning and practicing HeartMath will empower you to manage your emotions and improve your health and relationships.

HeartMath is also a completely non-invasive, non-pharmaceutical approach to improving health and well-being, particularly with stress-related conditions and the techniques are easy to learn and use.

You will gain the ability to:

- 1 Transform your response to stress.
- 2 Quickly re-balance your mind, body and emotions.
- 3 Increase your ability to think more clearly.
- 4 Be more intuitive and make better decisions under pressure.
- 5 Improve health, increase resilience and well-being.
- 6 Regain and maintain personal balance.
- 7 Decrease stress and burnout in chaotic and changing environments.
- 8 Maximize learning, creativity and innovation.
- 9 Boost both work and sports performance.
- 10 Improve your relationships through heightened awareness of yourself and others.

WHEN: Sunday, April 20th from 10:30 - 5:30.

WHERE: the Horsebridge Centre, Whitstable.

HOW MUCH: £200, early bird £175 (pre April 6th), concession £200.



1 to 1 and group HeartMath® Training, Herbal Medicine and Nutrition Consults and Classes, and Wilderness Therapy Programs.

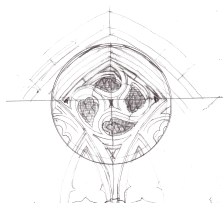
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HeartMath® Provider



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