

“I realized that my choices in behavior were not in alignment with what was most important to me; my own health and the health of my family.”

-A.C.

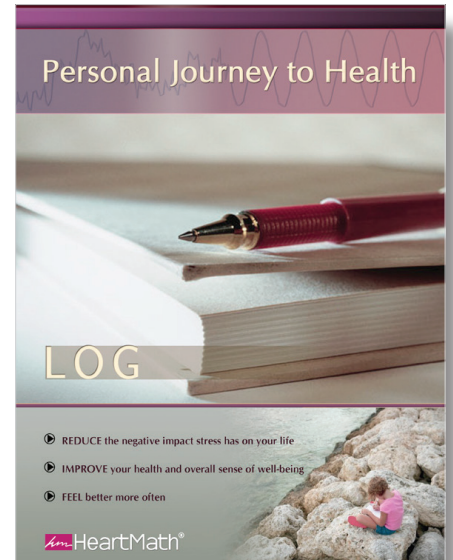
Live Your Life More Fully

Balance is one of the keys to happiness and fulfillment. Balance applies to all aspects of life—physical, mental and emotional. Being aware of when you are out of balance is important. This program provides you with tools and techniques to take action when the body signals you something needs to be adjusted. Take advantage of learning how to create balance in your own system to achieve greater flexibility, adaptability and health!

This focused and practical program combines personalized coaching and a detailed practice plan to meet your personal objectives.

What you will gain:

- Discover the heart of who you are and what you want most in your life.
- Learn how stress affects your mental, physical and emotional experience.
- Uncover and disengage from the negative impact stress has on your body and mind.
- Improve your health and overall sense of wellbeing.
- Enhance your relationships and reduce the stress that results from miscommunication.
- Bring more creative thinking to your plans and projects.



For more information contact your Licensed HeartMath® Coach.

The HeartMath **Personal Journey to Health** program is only available from a Licensed HeartMath Coach.