HEART MATH

DR. FONTAINE TIMMER
DEAR HEART, THIS IS WHAT HAPPENS WHEN YOU TRY TO MAKE DECISIONS ON YOUR OWN. SINCERELY, BRAIN.

— TITAS
STRESS RELIEF SYSTEM

- BIOFEEDBACK: FOCUS IS ON HEART WAVE VARIABILITY AND COHERENCE.
- GOAL: TO TEACH YOU HOW TO BRING YOUR BRAIN, MIND, BODY AND EMOTIONS INTO BALANCED ALIGNMENT.
- BALANCE IS KEY!
- STRESS MANAGEMENT TECHNIQUE
- HEART MATH PRACTITIONER

(Edwards, 2016)
QUICK COHERENCE TECHNIQUE

- FOUNDED IN 1991
- EVIDENCED BASED RESEARCH: 20 YEARS OF VALIDATED OUTCOMES
- RESEARCH ON HEART/BRAIN/NERVOUS SYSTEM FUNCTION, STRESS, RESILIENCE AND PERFORMANCE.
- COHERENCE TECHNOLOGY: PROVIDES OBJECTIVE FINDINGS. MEASUREMENTS OF THE HEART BEAT RHYTHM UNDER STRESS VERSUS NORMAL RHYTHM.
- MEDITATION AND YOGA WITHOUT RITUALISTIC COMPONENTS

- https://youtu.be/sKmKKCdnJ4U
- https://youtu.be/Kyfm5_LLxow
Heart waves and Heart rate