

Join us at the European

# CELEBRATION OF THE HEART

and connect with others for a  
transformational, uplifting weekend

Learn and practice scientifically validated heart coherence techniques to strengthen your health, your mind, your intuition and your happiness. Your heart at a biological level is communicating with your brain and body. Once understood you can tap into this communication and use it to shift depleting emotions into renewing ones and to manage the stress and overload many people are experiencing.

You will have the opportunity to immerse yourself in the power of the heart. Step by step we will create a connected energy by doing heart-focused meditations and deepening exercises in small groups. As a result you will feel a part of this co-creative process that can lead to a more loving connection with yourself and others.



EUROPEAN  
CELEBRATION  
OF THE HEART

Go deeper and enjoy the ride

+ ♥ HeartMath®



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### During this Celebration you:

- Develop a deeper understanding of the global changes.
- Experience techniques to gain access to more intuition and to reduce feelings of overload, fear and uncertainty.
- Understand the groundbreaking research on heart/brain/body communication.
- Witness a real-time demonstration of the biological communication of the heart.
- Learn how you can contribute to creating a more heart-based world.
- Gain new knowledge for enhancing intuition and applying it in practical ways.

**We take the next big step towards creating more global coherence to help usher in a more cooperative, harmonious and compassionate world. You'll discover and feel the impact of our individual and collective intentions.**

### Our special hosts

**Howard Martin**, HeartMath Inc. Executive V.P. It is his life mission to bring people together to create positive changes and facilitate the new wave of evolutionary thinking.

**Deborah Rozman**, CEO of HeartMath Inc. She is a key spokesperson on HeartMath, heart intelligence, heart-based living and managing stress in these changing times.

### Location & date

Kirchgarten  
(near Freiburg, South of Germany)  
May 8th - 10th 2020

### For more information

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