

Testimonials HeartMath Intensive



The HeartMath Intensive was a wonderful experience and, for me, the best and most effective way to learn everything I needed to know to become a HM coach and trainer. During the week-long training, I didn't only learn everything about the HM techniques, the science behind them and how to impart my knowledge but I also learned a ton about myself – the mix of theory, practice and personal experience was perfect. Thank you Rainer, Robert and everyone else involved for your time, expertise, positive energy as well as for the outstanding course material – I am proud to belong to the HeartMath family and thereby help create a more heart-connected world.

Laurence Bovet – Switzerland

The course gets a clear 10 of 10 points and there is absolutely nothing that you could do better. Everything was just awesome, magic, wonderful, so extraordinary helpful for my business and in my own personal life. I'm really grateful for this exceptional week. Location is great, content is great, personal experience was great, trainer were great, energy was great, group was great, teaching was great, homework was just right dimensioned, structure was great, timing was great, exercises were great, surprises were great. It was just a wonderful week, where I really learned how to coach and train the HeartMath teaching and also to practise it to such an extend that it made a great positive shift in my real life.

Wonderful experience!

Sandra Mion - Germany

"Dedicated and thoughtful trainers

Deep diving in the wonderful Science of the Heart

Discovering & experiencing the Power of Heart - A journey through the emotions

Empowering daily practices about the techniques and the way to train

Focus on the experience and on the preparation to coach individuals and groups

Sharing happy and intense moments with other participants

Smiles & Love!"



Martial Nesselbach - France

As I mentioned in Kirchzarten I signed up to learn a method to pass on to clients which helps them to find their resources and build up their resilience level.

I didn't expect to connect with my own heart on such a deep level and that I would be able to gain such profound insights on my own issues and the questions I had before I came.

I am very grateful I participated! I would give the training a rating of 10.

The HeartMath Intensive Coach and Trainer Training enabled me to immediately get started and use the knowledge and techniques not only in specific HeartMath Trainings but also in my other fields of coaching and health work with clients. The training was very professional and profound, at the same time, the work to add heart connected me with

my own heart on a deep level. I am grateful I participated and I truly recommend the HeartMath Training.

Annika Metzner - Germany

For anyone who is considering this training, I can definitely recommend it. In the past six days i did not only learned the skills and content to become a heartmath coach and trainer, i also made a stronger connection with my heart, the group and even with the world. The exercises were powerful, mind&heart expanding and useful to teach to clients.

Reiner and Robert are great trainers, very authentic and skilled. The presence of Ingrid was a nice bonus, she taught me by great exercises to connect with my energy. Thanks again for this amazing experience!

Janet van Buel - Netherlands

Finally already enjoying so many benefits from your course I am sending you a feedback. I am sure, everything we do can always grow further in the direction of becoming even more essential, especially when we trust the guidance of our heart, so my rating is a clear 10.

Susann Arbogast - Germany

From the bottom of my heart, I would you like to sincerely thank you for this amazing week you gave us the opportunity to experience. I am admire not only your professionalism but your simplicity, kindness, authenticity. I felt how strongly you aspire to a larger mission, the one of sharing and sending love to one another and this was gift. It's not only about the content but about the experience. This week has truly inspired me and I will always be grateful for it.

Anne Rita Bertschy - Switzerland