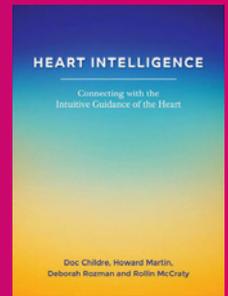


Workshop:

Change your life, help change the world with Heart Intelligence



Date: June 6, 2018
Location: Drakenburg, Baarn, The Netherlands
By: Howard Martin: Executive Vice President, HeartMath Inc., co-author of *The HeartMath Solution* and *Heart Intelligence*
Register via: www.heartmathbenelux.com
Cost: € 79,- (workshop, coffee/tea and book *Heart Intelligence*)

The Situation

Most of us are experiencing a speeding up in our lives. We feel it on the inside. We experience it in the busyness of our daily activities. Day-to-day life often feels like a relentless, accelerating momentum that is hard to keep up with.

The Challenge

How do we find the balance needed to flow with the evolutionary speed of change, to feel a sense of purpose and fulfillment instead of just feeling like we are surviving?

The Opportunity

The same un-seen forces that are driving high-speed, chaotic change are also giving us the ability to grow, to learn to change in positive ways unlike ever before in the history of humankind. As a result, there is a growing momentum of positive change, innovation and cooperation taking place. It is a movement, one that is being driven by the qualities of the heart manifesting in how we live our lives and shape our future—an Add Heart Movement



The Solution

Our ability to make choices that align us with our co-creative power come not from the mind alone but rather from the core of our being—from the intelligence of the heart. Developing the intelligence of the heart and leading a more heart-connected life are evolutionary imperatives of the times we live in and...it's already happening

HeartMath

Experience Howard Martin—author, celebrated international speaker and progressive business leader. He is one of the original HeartMath leaders and has been with the organization since its inception in 1991. He is co-author of the highly acclaimed book *The HeartMath Solution* and contributing author of *Heart Intelligence*. Perhaps you have read his books, heard him speak or have seen him in movies like *The Power of the Heart*, *The Incredible You* and *The Truth*.

Now, you have the opportunity to attend a special program with him to learn and experience the profound work of the HeartMath Institute. This work is backed by more than 25 years of research, and earning the trust of more than 5 million people in more than 100 countries and is used by Fortune 500 companies, the police, the military, hospitals, schools and many thousands of people pursuing personal growth.

In this workshop you will:

- Develop a deeper understanding of the global changes we are experiencing
- Experience science-based techniques to access more intuition, reduce feelings of overload, fear and insecurity and use your heart's intelligence to affect planetary consciousness
- Understand break-through research on heart/brain/body communication
- Witness a real-time demonstration of the heart's biological communication
- Explore HeartMath's interconnectivity research on energetic field environments and how we relate to them
- Learn about the growing Add Heart movement that is quickly taking humanity towards greater Global Coherence
- Learn about how you can participate in creating a more heart-based world through the new Add Heart Facilitator program

**Experience and Learn a science-based system
that will change how you live your life.**

