

EMOTIONAL WELL-BEING

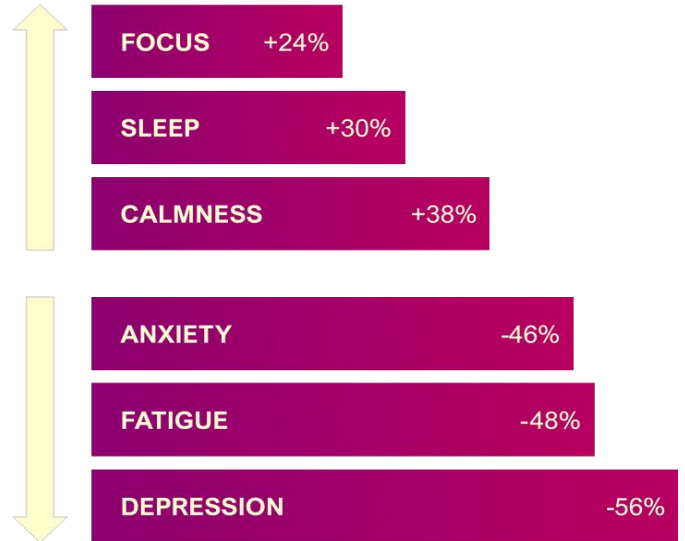
A SUPPORT PROGRAM
BACKED BY NEURO-CARDIOLOGIC RESEARCH TO

SOOTHE EMOTIONS
BUILD STRESS RESILIENCE
PRESERVE THE ENERGETIC BALANCE
HARMONIZE RELATIONS



ADVANTAGES

- UNDERSTAND THE IMPACT OF YOUR EMOTIONS ON YOUR PHYSIOLOGY
- RECOGNIZE AND REGULATE YOUR DESTABILIZING EMOTIONS
- CONTROL YOUR DRAINS OF ENERGY
- LEARN TO LEVERAGE YOUR OPTIMAL CAPABILITIES AND INTUITION
- KNOW HOW TO CONTRIBUTE POSITIVELY IN YOUR RELATIONS TO THE WORLD



study at www.heartmath.com

The Resilience Advantage™ method from the HeartMath® Institute is taught and used worldwide in schools and hospital systems, within the US Navy and Fortune 500 companies. Its benefits are reported in over two hundred peer-reviewed scientific publications.

PERSONALIZED SESSIONS

Mentoring for emotional management and physiological coherence through heart-focused breathing.

On line | Rueil Malmaison & Ousson sur Loire (France) | 70€/h



JULIE SVAY

TRAINER CERTIFIED BY THE HEARTMATH® INSTITUTE

+33(0)674766889 | JULIE.SVAY@ANGKORINSTITUTE.COM

WWW.ANGKORINSTITUTE.COM

