

# Voyage to Heart Intelligence



## Feel better more often and start living the life you really want!

This focused and practical program offers personalized instruction from the comfort of your home or office. You will gain a better understanding about what happens to your body when you are stressed and how your reactions to everyday challenges can either rob you of the life you want or be transformed into healthier, more satisfying, productive energy.

This focused and practical program combines personalized coaching and a detailed practice plan to meet your personal objectives.

### What you will gain:

- Discover what's at the heart of who you are and what you want most in your life.
- Identify what blocks you from the life you want—your personal dreams, mission and goals.
- Uncover and disengage from the negative impact stress has on your body and mind.
- Improve your mental capacity and solve problems more effectively with less wear and tear on you.
- Enhance your relationships and reduce the stress that results from miscommunication.
- Bring more creativity and out of the box thinking to your plans and projects.



*About halfway through doing the workbook and the phone sessions, I realized that I had already had the most amazing shifts in my energy level, my ability to focus and accomplish so much more each day, and my ability to function at a much higher level in my sometimes-very-stressful work... the quality of the Manifest workbook and the HeartMath communications, in general, is awesome and far surpasses anything I have ever experienced. -C.M.*

The Voyage to Heart Intelligence Program is only available from a licensed HeartMath Provider.  
For more information contact your licensed HeartMath Provider.

