

mindbodyscience



Ann Linda Baldwin, PhD
520.795.4048

Wednesdays - September 15th, October 20th
Free Seminar – 7 pm to 8:30 pm

Heart Rhythm and Biofeedback

**Location – Lotus Massage & Wellness Center,
2850 E. Grant Rd. (south side, 1.5 blocks west of Country Club)**

**Contact Person: Ann Baldwin at 520-795-4048
or via email: abaldwin@mind-body-science.com
Website: www.mind-body-science.com**

Ann Baldwin, PhD

Join Ann Baldwin, PhD, for an introduction to Biofeedback.

Cardiovascular Biofeedback is a method to visualize your heart's oscillations as you experience a full breath. Using special sensors you can alter your breathing and emotions to bring you back into physical, mental and emotional balance so you achieve a state of ***relaxed alertness***. Your health, memory, thinking skills and relationships will improve and you will be able to work more effectively with others. Equipment will be available for you to try. If you want to learn more about biofeedback you will have a chance to sign up for personal sessions.