

Education

Research-Based Products



**Self-Regulation Technology, Social and Emotional Learning, Mental Health,
Resilience Skill-Building and Trauma Recovery**

Overview of HeartMath Education

Education is a big priority at HeartMath Institute.

Hundreds of thousands of students, educators, parents and youth specialists in over 50 countries use HeartMath ideas, practices and products to enhance their lives.

We continue to develop new technologies and programs to improve the learning experience of children and adults in many kinds of educational settings.

This catalog highlights a range of HeartMath programs, technology and products which help educators and students reduce stress and anxiety and advance the overall academic performance, attitudes and social and emotional well-being of youth.

As a nonprofit dedicated to service and support, we are eager to help you with your needs and applications for youth.

Email or call our staff to receive more information.

info@heartmath.org

800-711-6221

Evidenced-Based Practices and Research

As indicated in numerous peer-reviewed research studies, HeartMath education programs have been shown to help students regulate stressful feelings and improve learning readiness, decision-making and relationships.

Below is a link to several studies which demonstrated positive evidence-based outcomes among youth.

<https://www.heartmath.org/research/research-library/#educational-research>

©2018 HeartMath Institute. All rights reserved. HeartMath, The Resilience Advantage is a registered trademark of HeartMath Institute. The emWave Pro, emWave2 and Coherence Coach are registered trademarks of Quantum Intech, Inc. The emWave Pro is an educational system. The emWave is not classified as a medical device and should not be used for medical diagnostic purposes. However, the emWave does capture accurate real-time heart rhythms and heart-rhythm-coherence information from which to learn how emotions affect heart rhythms and autonomic nervous system balance.

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“I use HeartMath tools and technologies to help both staff and students gain greater self-control and reduce their stress levels, as well as pass high-stakes tests. It really helps them, which makes my job so much more satisfying.”

*– Karl Schlotterbeck, MA, CAS, LP, lead psychologist,
NE Metro District 916, St. Paul, MN*



“At OMNI, we are a comprehensive community-based mental health organization. I wanted to let you know that we are building a therapeutic skills group around HeartMath. It will focus on building resilience and will teach the HeartMath tools and technology.”

**Jason Wynkoop, LCSW, executive director,
OMNI Youth Services, Illinois**



EMWAVE PRO FEATURES

Includes Inner Balance™ breath pacer screen.

Real-Time heart rate variability monitor.

Multiple user data storage showing coherence levels for each session and history review.

Share with friends, celebrate on social media or work with other educators as part of an Individual Education Plan.

Earn award badges for progress and achievements.

PACKAGE CONTENTS

USB module and Ear Sensor

Owner's Manual

Practice plan

SYSTEM REQUIREMENTS – PC

Windows 7 or newer Operating System

Some features may not be available on older operating systems

2.0 GHz or faster processor

2 GB RAM –recommended 4GB or more

One available USB port

Internet connectivity required for Heart-Cloud access

SYSTEM REQUIREMENTS – MAC

OS X v 10.7 Lion or newer

Some features may not be available on older operating systems

Recommend Core™2 Duo at 1.8GHz or faster processor

One available USB port

Internet connectivity required for Heart-Cloud access

PACKAGE SPECIFICATIONS

Box Size 5.5 x 7 x 1.5 inches

Weight 5 oz

ONLINE AND PERSONAL CUSTOMER CARE

Free weekly training calls for the beginner and advanced user.

Lifetime customer support.

Free webinars on resilience, personal well-being and empowerment.

One-year limited warranty.

emWave® Pro – Available for PC and Mac

The emWave® Pro is an award-winning, evidence-based computer technology that has been used by hundreds of thousands of students to improve learning, performance and behavior. For many educators, it has become an important and fun part of classroom mental health training, behavioral management and high-stakes test preparation. Using an ear sensor or an optional finger sensor, the emWave Pro allows students to see how emotions and attitudes affect their heart-rhythm patterns in real time and confirms when they are in sync or what is called a state of coherence. This non-invasive graphical interface enables users to more effectively manage their stressful feelings and negative emotions, leading to improved cognitive performance, learning ability and composure.



Ideally, students should use the emWave technology a minimum of 6-10 times over a school year. Short sessions of 3-5 minutes per student can be beneficial. The goal is to have students gain proficiency in this technology and then be able to transfer what they have learned to specific goals or real-life situations. The emWave Pro tracks, records and saves session activities of multiple users.

Three interactive games help users transform stress into creative energy.

The Emotion Visualizer® provides colorful images which vary according to an individual's emotional state and coherence level.

Coherence Coach® leads a user through breathing exercises and a simple technique to rebalance his or her system.

My Inspiration enables individuals to create their own images for coherence building.



emWave Pro for PC and Mac

Item#	Product Name	Price
6030	emWave Pro (single unit boxed)	299.00
6030-L5	emWave Lab 5 (single unit + 4 sensors)	825.00
6030-L10	emWave Lab 10 (single unit + 9 sensors)	1500.00
6030-S25	emWave site license 25 (single unit + 24 sensors)	3325.00
6030-E	emWave ear sensor (additional unit)	25.00
6030-F	optional Finger Sensor (not included in package)	25.00

“Utilizing HeartMath techniques and technology, I have trained tens of thousands of individuals including orphans in South Korea and Mexico. My husband and I currently head up two nonprofit organizations: The HD Institute of Resilience and Positivity and the Association of Emotion Coaching. The organizations’ mission is “to spread the seeds of happiness.”

— Dr. Christina Sung AieChoi, South Korea



emWave® Pro Applications in Education

Regular classrooms – Instructors have incorporated the emWave Pro into their homerooms, biology, life-science, health, life-skills, math and psychology classes. Typically, teachers demonstrate the technology on a Smart Board or a single computer to a small group of students. Afterward, they rotate students throughout the year at select times. Many schools have acquired multi-user site licenses for emWave Pro technology in computer labs or in portable labs where up to 25 students can use the emWave Pro simultaneously.

Counseling programs – Counselors use the emWave Pro to help improve students' emotional health. In classroom presentations, counselors connect the emWave Pro to a Smart Board or LCD projector to demonstrate how emotions affect physiology and how HeartMath skills can improve self-regulation. They also incorporate this versatile technology into larger programs that address bullying, conflict resolution, test preparation, drug and alcohol prevention and more.

After-school programs – Students supplement academic work with regular practice on the emWave Pro to help with test preparation and decrease frustration from learning and behavioral challenges.

Child mental and emotional health – Early intervention strategies using HeartMath's self-regulation techniques, methods and emWave technologies have helped thousands of children neutralize some of the symptoms of ADHD, anxiety, anger, mood swings, loss of focus and motivation, social phobia, trauma, substance abuse and more. These applications have been especially helpful for those students who require one or more of the following:

- ➔ Response to Intervention plans (RTI's)
- ➔ Academic modifications and accommodations
- ➔ Academically At-Risk students
- ➔ Behavior management plans
- ➔ 504 plans
- ➔ Individual Education Plans (IEP's)

Special education classrooms – Many special education classrooms employ the emWave Pro to help their students gain greater impulse control, academic focus and confidence and to learn better emotional management when actively engaged in the learning process. Frequently, they write the emWave Pro into a student's IEP.

Administrative offices – Administrators use the emWave Pro to help manage stress and sustain resiliency and focus on their mission in the face of challenging job demands and long hours.

Learning and tutoring centers – Hundreds of learning and tutoring centers use the emWave Pro as a support tool for students with learning disabilities or those performing below their academic capability.

Therapy offices – Therapists and psychologists use the emWave Pro to help children deal with symptoms of ADHD, autism, anger management, anxiety and depression.

Athletic programs and sports camps – Athletic programs and sports camps use the emWave Pro to train athletes to improve focus, self-control and performance.

Research/studies – Many universities use the emWave Pro or the newer emWave Pro Plus as both a training and data collection technology to improve and measure outcomes in a variety of contexts.



"About 500 students are introduced to the emWave Pro as part of my cooperative learning and leadership program each year. We explore what emotion is and how emotions can help or hinder what we do. We get into what is coherence and how that helps the mind and body perform better, like with test-taking. They all get it. They even tell me to use it when I get upset."

*—Linda Gancitano, health teacher,
Driftwood Middle Academy of Health
and Wellness, Hollywood, Fla*

"I use it a lot! When my kids are out of sorts, they go to the emWave Pro center. All of them are able to quiet themselves and get focused."

*—Kim Wise, third-grade teacher,
Justina Road Elementary,
Jacksonville, Fla*

"Through the emWave Pro, my students were able to identify what emotions interfered with their performance and then, using some of the HeartMath skills, neutralize those emotions so their brains could function better. Even the best students found it helpful."

*—Gail Haase, director of
development and research, Trinity
Christian Schools, Las Vegas, NV*

"I teach a special day class for 15 upper elementary students, all profiled with autism. We worked with the emWave2's for a total of 8 weeks. I introduced the idea of being calm and peaceful. They were very receptive to using breathing techniques to calm themselves."

*– Debbie Rice, teacher, Cambrian School District,
San Jose, CA*



EMWAVE[®]2 FEATURES:

Use emWave2 on the go as a portable training device and for session storage.

Run sessions on your computer and watch your coherence in real-time charts.

Download your stored sessions for graphical review and comparison.

Interactive Coherence Coach[®] teaches you a key HeartMath self-regulation technique.

Four challenge levels include an Advanced User mode.

Adjustable LED display brightness and audio feedback.

A variety of coherence-building tools make sessions more entertaining.

Charge unit via USB computer connection.

PACKAGE CONTENTS:

emWave2 in Charcoal Gray or Silver Blue

Ear Sensor

emWave2 Practice Plan

Quick Start Guide

USB Charging/Connector Cable (Optional USB wall charger sold separately)

EMWAVE2 UNIT SPECIFICATIONS:

Size: 85mm x 55mm x 14mm or 3 3/8" wide, 2 1/8" high, 9/16" deep

Weight: 2.2 ounces

Internal rechargeable Lithium Ion battery

Super bright LED light bar and display indicators

Ear Sensor and two-way finger-operated control button

PACKAGE SPECIFICATIONS:

Box Size: 5 5/8" w X 9" h X 2" d

Weight: 1 pound

SYSTEM REQUIREMENTS – PC

Win XP SP3 or newer Operating System (Windows 7, Vista etc.)

CD Drive

1GB RAM Minimum

USB 2.0 Compatible Port

Internet Connection (Required for updates)

SYSTEM REQUIREMENTS – MAC

OSX 10.6.8 or newer Operating System

CD Drive

1GB RAM Minimum

USB 2.0 Compatible Port

Internet Connection (Required for updates)

emWave[®]2

The emWave2 combines the portability of the original handheld emWave with a rich graphical interface that displays on a computer. It can be used on the go, at school or at home. It can be plugged into a computer to download and review previous sessions, run a new session with the real-time heart rhythm display, or play one of the interactive coherence-building games.

Using colorful LED displays and audio feedback, the emWave2 helps students improve coherence levels, sharpening their ability to reduce stress and increase vitality, mental clarity and emotional balance. The emWave2 also comes with the Coherence Coach[®] software. Using narration, animations, and music, this entertaining software application teaches HeartMath's Quick Coherence[®] Technique for self-regulating stressful feelings and increasing performance.


Charcoal Gray Item #6310-CH \$199

"Stress in education seems to be increasing and in my role as a school site administrator, I used to feel like a sponge, soaking up the stress of everyone around me. Incorporating the Quick Coherence Technique and the emWave2 into my daily routine has recaptured the positive energy and idealism I had at the beginning of my career."

– Jeff Lagozzino, principal, Miramonte Elementary School, South El Monte, CA



emWave²



“I, my staff, and my family use the Inner Balance. Many people do not know how to intentionally create the emotional states they want. The Inner Balance Trainer is ideal for easily and effortlessly accomplishing this.”

— Jack Canfield, co-creator of the New York Times bestseller *Chicken Soup for the Soul*® series and co-author of *The Success Principles*™

INNER BALANCE APP/SENSOR FEATURES:

Plug-and-play iOS Lightning Sensor.

Multiple session screens to watch your coherence in real time or review your progress.

Multiple breathing pacers to help you create more inner balance.

Guided techniques and exercises.

Real-time coaching.

Add your own music and positive image.

Automatic notification when you wish to run a session.

PACKAGE CONTENTS:

iOS Inner Balance Lightning Sensor Module

Ear Sensor

Carry pouch

IOS INNER BALANCE SENSOR SPECIFICATIONS:

Size: 30 x 10 x 20 (mm)

Weight: 0.2 ounce

Lightning connector

PACKAGE SPECIFICATIONS:

Box Size: 5.5" x 1.5" x 7"

Weight: 5 ounces

SYSTEM REQUIREMENTS:

4th Generation iPad, iPad Air and iPad Mini

iPhone 5, 5C and 5S, 6, 6 Plus and 7 or newer

iPod Touch (5th Generation or newer)

iOS 7.0 or higher

Inner Balance™ Lightning Sensor (for iPhones or iPads)

It is easy for students and educators to feel overwhelmed, anxious or scattered. The Inner Balance™ Lightning technology (for iPhones and iPad) trains students and educators to shift and replace emotional stress with greater balance and coherence.

It analyzes and displays heart-rhythm patterns, measured by Heart Rate Variability (HRV), which indicates how emotional states are affecting the nervous system. The technology instructs users to gain greater resilience through the practice of simple self-regulation techniques during the day.

Once completed, the session review screen will display your results. When your heart-rhythm patterns (HRV) are more ordered, you receive a higher score in the **medium** or **high** coherence scores. "Achievement" reflects how you were doing over the whole session. The more time in medium or high coherence, the higher the achievement score.

Item #6415 \$129.00



1 YEAR TECHNOLOGY WARRANTY

"We initially used the the emWave Pro as I thought the games would be more appealing. Then in the last six weeks kids started using Inner Balance on our iPads. I am finding that my students are more self-regulated - more able to pair relaxation with their learning causing deeper, truer learning. Students are now requesting HeartMath sessions to shift out of stress or when they aren't focusing on the curriculum. I have a student who has recurring upsetting thoughts about a grandparent passing two years ago. He simply says that he is thinking about the grandparent and asks to do HeartMath. Another student who has problems with hitting gives me a hand signal to let me know that he needs to do the Inner Balance to calm down. So, Heartmath has helped me with discipline in a very constructive way. Anecdotally, I've observed that the kids aren't as tied to the games on the emWave Pro as I had expected and use the Inner Balance program with the same level of enthusiasm. Using HeartMath in the classroom has validated my belief that we educators should look to the child first. It has helped me tap into my students' value as individuals so that they are respected and that raises their respectfulness. I never want to stop using HeartMath for these reasons!"

- Ethel Tedsen, second grade teacher, Sonoma, CA

“The Inner Balance technology trains us to self-generate a highly efficient physiological state called HRV coherence. A few minutes of daily coherence practice has been shown to reduce and prevent the negative effects of stress, such as overwhelm, fatigue and exhaustion, sleep disruption, anxiety and burnout.”

*– Rollin McCraty, Ph.D.
HeartMath Institute Research Director*



BLUETOOTH SOFTWARE COMPATIBILITY

Android OS 5 or newer

iOS Version 9 or newer (iPhone, iPad)

Bluetooth version 4

DIMENSIONS

3-1/4 x 2-1/8 x 5/8in

82.55 x 53.9 x 15.87mm

Weight

Weight .9 oz

(25.5g)

PACKAGINGBox Size 5-1/2 x 7 x 1-1/2 inch
(139.7 x 177.8 x 38 mm)

Weight 5.1 oz (144.6g)

SENSOR SPECIFICATIONS

Ear Clip Size

1-5/8 x 3/4 x 5/8 inch

(41.3 x 19 x 15.9 mm)

CABLE LENGTH

14 in (35.6cm)

POD SIZE

2-5/8 x 1-1/4 inch x 1/2 inch

(66.7 x 31.7 x 12.7 mm)

VIDEO OVERVIEW OF PRODUCT FEATURES:<http://store.heartmath.org/Inner-Balance-Sensor/inner-balance-bluetooth.html>

"As a former Navy SEAL, I work with elite performers including NFL teams, Fortune 500 execs and Navy Seals using the Inner Balance. They learn to self-regulate their emotions, resulting in significant performance improvements."

*—Curt Cronin, former CDR (SEAL),
HeartMath Certified Trainer*

**Inner Balance™ Bluetooth® for Android or iOS
(iPhone or iPad)**

The Inner Balance trainer connects through Bluetooth to your mobile device (Android or IOS). Once connected to your device, simply clip the sensor end to the earlobe to get an instant heart rhythm reading.

Item #6450 \$159.00

EXPERIENCE THE DIFFERENCE



Changing Heart Rhythms – Changes Feelings

Our heart rhythm patterns are the best reflection of our inner state. We can use the Inner Balance technology to see what's going on inside of us and learn how to shift into a state of balance, self-reliance and renewing feelings, such as appreciation and compassion.

Inner Balance Features

-  **Real-time HRV feedback**
Measure your heart rate variability and coherence level during live sessions.
-  **Learn a valuable stress relief technique**
Audio leads you through the quick and effective Quick Coherence® Technique.
-  **Real-time coaching tips**
Encouraging on-screen prompts guide your practice and help you increase coherence points.
-  **Advanced options**
Four challenge levels, customizable settings and screens.
-  **Online platform for users provides many extras**
Track progress over time, keep journal notes, earn awards, use the daily practice plan and additional use tips. Get access to advanced training and get updates and notifications.



"My high school students love playing Tropical Heat and emWave Pro. We cycle students through every two weeks in our Health Education class as part of an assignment. They are required to put together an action plan of where they can apply the breathing technique taught in the program. What a fun way to teach stress management skills!"

Jay Tomlinsen, teacher, Dallas, TX



DUAL DRIVE SPECIAL FEATURES

Optional autopilot mode.

Background music with optional vocals or instrumentals.

Displays real-time heart rates, heart rhythms and coherence.

Includes detailed user guide.

MINIMUM REQUIREMENTS

emWave Pro® or emWave2 (PC versions only) software, ear sensor and module.

Windows XP-SP3/Vista or Windows 7 and newer operating system.

Pentium IV or faster processor.

128 MB OpenGL video card.

1GB RAM, 500 MB of disk space
DVD drive – Online download available.

TROPICAL HEAT SPECIAL FEATURES

Enjoy high-speed competitive racing with multiple players.

Set the control for auto-steering and cruise around for a little sightseeing.

Surf 20-foot waves.

Special mode lets players perform handstands, rolls, back flips and other stunts.

Detailed user guide included.

Note: Playing this game on a Mac or PC requires either the emWave Pro or emWave2.

MINIMUM REQUIREMENTS FOR MAC

OS X v 10.6.8

2 GB RAM

DVD drive – Online download available.

256MB dedicated video, with Open GL 2.0

USB 2.0

Internet access required for updates.

MINIMUM REQUIREMENTS FOR PC

Windows XP SP3 or Windows 7 and newer

2GB RAM

DVD drive – Online download available.

256MB dedicated video, with DirectX 9

USB2.0

Dual Drive™ for emWave® Pro and emWave®2 (PC versions only)

A revolutionary auto-racing game powered by *coherence*. Enjoy nine interactive racing games in which students learn to stay “on task” while playing with more *ease*. If they lose focus, visibility decreases and the gas tank empties. Once the students regain their poise, the fog clears, the gas tank fills up and they are back racing. Students can race against three other opponents who are connected to the local area network (LAN).

The Dual Drive program runs on a computer in conjunction with the emWave Pro or emWave2 (*sold separately*). *Not available for Mac operating systems.*

Item #1530 \$69.00

Dual Drive™ Pro was developed by Somatic Vision Inc., under license from Quantum Intech Inc.



Tropical Heat®

Visit a virtual island with sparkling seas and dazzling sunsets in HeartMath’s fun Tropical Heat Jet Ski Racing® game. As students play, they’ll also be using tools that help them lower stress, increase energy and resilience and improve life at home, school and play. Tropical Heat is played with HeartMath’s science-based emWave® Pro computer program or emWave®2, for Mac or PC. While racing around the islands, taking a leisure cruise or performing some great tricks, users will also benefit from the same em-Wave technology that’s helped transform the lives of thousands of people worldwide.

Tropical Heat comes with two of HeartMath’s most effective energy-regulation techniques, Heart-Focused Breathing™ and Quick Coherence®.

Item #1535 \$99.00





Approximately 60 fifth and sixth grade students from Pinewood Primary School near Melbourne, Australia successfully completed a Smart Brain Wise Heart pilot program, led by the school principal and HeartMath Certified Trainer, Karen Jenkin (*pictured in the center*). The number of students will expand to one hundred next year.

"I have been delivering the Smart Brain Wise Heart program one hour per week over the last eight weeks to a group of sixty 5th and 6th graders. It is amazing how well it is going. The kids are really absorbed and active. Kids at this age are very anxious about the transition to middle school, nervous about tests and social relationships. The program is speaking to their needs. . . . Lots of people are watching this unfold, not just the two teachers whose kids I am teaching, but also parents and the regional director of education who is coming by next week. Before we went on break, two twin girls from the class came up to me and said, please, do not go ahead to Unit 7 without us. We don't want to miss anything."

Karen Jenkins, principal, Pinewood Primary School, Melbourne, Australia

Program Features

- Free online school or home access for students.
- Compatible with SmartBoards, laptops, desktop computers and tablets.
- 8 units of instruction.
- 7 whiteboard animation videos, 7 learning-based scenario videos, student introductory video and a teacher instruction video.
- 50 printable PDFs along with parallel online activities.
- Pre- and post-survey: 24 questions.
- 12 video-enhanced breathing pacers.

“As a 30-year veteran employee in a large school district, I believe Smart Brain Wise Heart is one of the best classroom offerings I have ever given. My upper elementary and middle school students are loving this program. They are engaged and enthusiastic about what they are learning.”

– Maria I. Arisso, school social worker, Miami Dade Public Schools, FLA

Learning Standards

Many of SBWH's activities meet the criteria of key standards found in several categories of learning: National Health Education Standards, Next Generation Science Standards, Social and Emotional Learning Standards and Common Core State Standards. SBWH also draws on the Collaborative for Academic, Social and Emotional Learning's five defined core competencies.



Smart Brain Wise Heart™ Ages 9-16

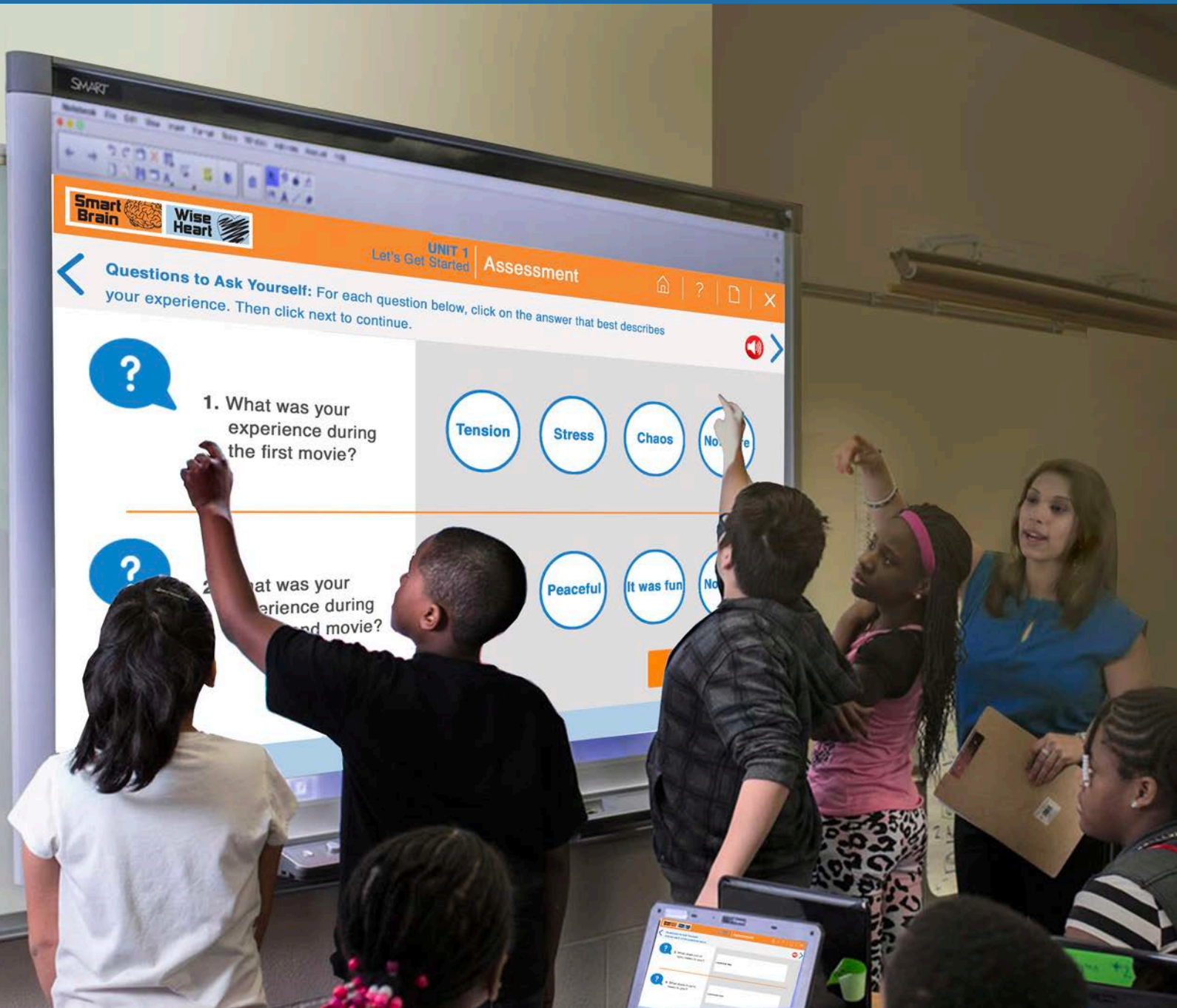
New Online / Teacher-led Social and Emotional Learning Program

Teaching social and emotional learning skills to youth is vitally important as they grow up in our increasingly fast-paced, complex world. Smart Brain Wise Heart™ (SBWH) draws on the best of young peoples' brains and hearts to help empower them to make smarter decisions, gain greater self-control and navigate the academic and social dimensions of life with greater success.

At the heart of SBWH are short and engaging whiteboard animation videos that present key ideas and practices in important social and emotional learning competencies. With abundant support from a variety of enrichment activities, instructors will be able to choose the types of course lessons that best address the diverse needs of the students they serve.

A Blended Learning Experience

SBWH is a blended learning program for students, ages 9-16, that combines a printed Leader's Kit for teacher-led instruction with a fully developed online learning program. Different strands of instruction deepen the learning experience, including review and discussion, activity worksheets, illustrated articles, practice opportunities, project-based action assignments, learning-based scenario videos and pre- and post-assessments. With the online 24-question Student Opinion Survey to gauge student progress, educators can statistically evaluate the program's effectiveness.



"The white board animations are very engaging. My students "get it" now because of the visuals that show how the heart and brain work together to help them be at their best. As a special education teacher of 9-12th graders with varying learning styles and skills, I appreciate the range of activities and flexibility that can be adapted with ease."

Diana Govan, teacher, Carmel High School, Carmel, CA

Leader's Guide Kit

- **Leader's Guide:** full color, 8½ x 11 inches spiral bound, 56 pages.
- **Instructor's Flipbook:** 8½ x 11 inches, 32 pages, full color, spiral bound with a thick cardboard stand.
- **Two posters:** Inner Weather™ and Get in Sync™, 18 x 24 inches, full color.
- **Set of 30 Reminder Cards:** two sides: Inner Weather one side, Get in Sync on other side, 2½ x 3½ inches full color, laminated, rounded edges.

8 Instructional Units

Unit 1: Let's Get Started

Unit 2: In Sync/Out of Sync

Unit 3: Inner Weather Report™

Unit 4: Two Tools

Unit 5: Prep and Reset

Unit 6: People Relationships

Unit 7: Decision-Making

Unit 8: Heart-Brain Fitness for Learning



Smart Brain Wise Heart™

Program Structure – How It Works

There are eight units in the Smart Brain Wise Heart program, each containing a video. Each unit begins with a brief overview of the video, followed, in most cases, by short definitions of unfamiliar vocabulary and then the video presentation.

The Smart Brain Wise Heart learning process has four main parts: 1) Introduce the Video 2) Review, Discuss and Practice 3) Action Assignments 4) Learning-Based Scenarios and Assessments.

Time Availability

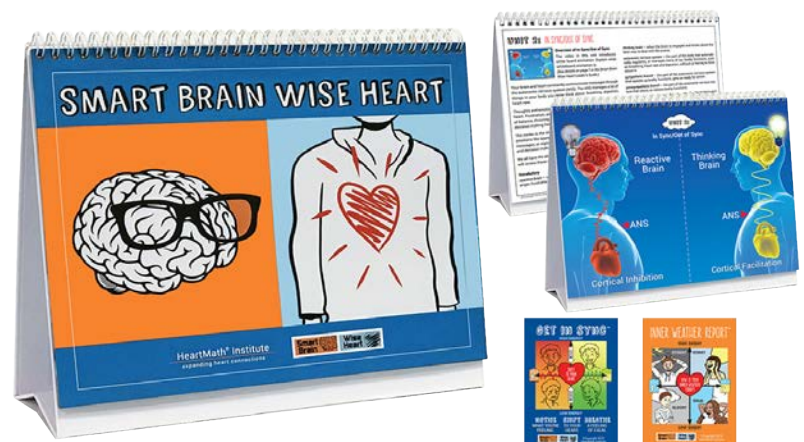
Your time availability and your students' ages will determine how in-depth you will want to go, especially with optional activities and assignments. There are suggested introductory, intermediate and advanced content schedules to help you determine what's right for you and your students.

Pricing and Annual Licensing Fee

One year after your purchase date of SBWH, you will have the option to renew your e-learning program license. You will receive an email asking whether you wish to renew your license for another year. **The annual licensing cost is 50% of your purchase price.**

Smart Brain Wise Heart

Type of License	Teacher Kits	# of students	Price
Classroom #5370	1	30	99.00
Multi-Class # BD5303	3	90	249.00
Site #BD5308	8	240	599.00



"I work with preschool age children and teach mindfulness to them. The Sunshine Secret tool for transforming emotions is perfect for 3- and 4-year-olds who are experiencing sadness due to missing their mommy and daddy. The children respond really well to the language I used that I got from the video. My 5-year-old son watched the video and enjoyed playing the games. I was surprised when he asked to play again."

- Kara, Santa Cruz, CA



PROGRAM FEATURES

Sunshine Secret story and video.

Complete Sunshine Secret Teacher/Parent Guide.

Puzzles from the story's pictures and characters.

Coloring exercises of favorite characters and scenes.

Identifying and matching emotion faces of real children to emotion faces of Gloria and Leon.

Guided self-regulation technique that includes a breathing pacer.

Appreciation Board for promoting positive attitudes and feelings.

Three delightful rap-style songs to reinforce key program concepts and skills.

Five animated videos with engaging age-appropriate science content to teach children. Includes a frog's life cycle, the sun, emotions and more.

Journey map track to progress.

Parent/Teacher Activity Directory.

Certificate of Completion.



Award of Excellence



Award of Distinction



An Interactive e-Learning Program for Ages 3-7

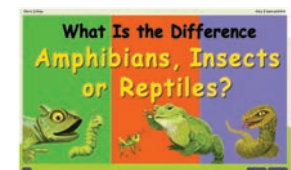
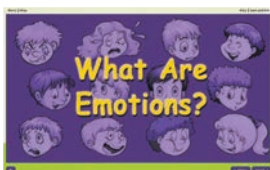
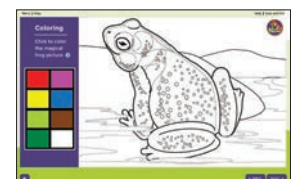
For home or classroom, the Sunshine Secret is a new e-learning program that features the wonderful story and transformative adventures of Gloria the glowworm and Leon the chameleon.

Children watch the animated Sunshine Secret story and then participate in lots of fun supporting activities, including simple self-regulation tools and emotion vocabulary, which research shows are essential for success in school, work and life.

Item# EI-ESUN (1-3 users) **\$9.95**
EL-ESUN-CLASS (1 -30 students) **\$39.95**

"This is a terrific program! My nephew and I have done it together maybe six times. There are a lot of dimensions to this program: Story, songs, art, science, basic emotion recognition and a simple breathing technique for self-control. Plenty to keep us engaged, if only for a few minutes at a time. For \$9.95, this is a great value. And it is planting seeds of important knowledge into the brain and heart of my 5 year old nephew."

Jamie, Phoenix, AZ





"This is a great board game to help children develop emotional literacy. It also provides an opportunity for children to bond while they play the game. As an elementary principal, I sometimes have students play this game together when they are having trouble getting along. They find joy in sharing stories, showing emotions, and experiencing that warm place in their hearts. Students who have played this game enthusiastically ask me, 'When can we play again?'"

Leslie Grimes, school principal, Walnut Creek, CA

PROGRAM FEATURES

- Can be played at home or in the classroom.
- Incorporates scientific research of emotions and heart intelligence.
- Helps children begin to identify and understand their emotions.
- Helps children in their relationships with family and friends at home, school and play.
- Can aide in bringing family and friends closer.

CONTENTS

- Colorful, illustrated game board.
- Markers for moving around the board.
- Surprise Cards that challenge players to perform various tasks, including:
 - Make faces of different emotions.
 - Describe what makes you feel certain emotions: frustration, disappointment, courage.
 - Practice a simple, but powerful HeartMath emotion-regulation tool called Go to the Heart™.
- Emotions Definition Cards that explain the meaning of the most common emotions: love, sadness, happiness, anger, calm, and fear.
- Spinner.

Two dice: Instead of the spinner, one die may be rolled for moves. (The other die is a spare.)



Surprise Cards, Instructions and Defintion Card are also in Spanish.

A Popular Board Game for Adults and Children Ages 4 and Up

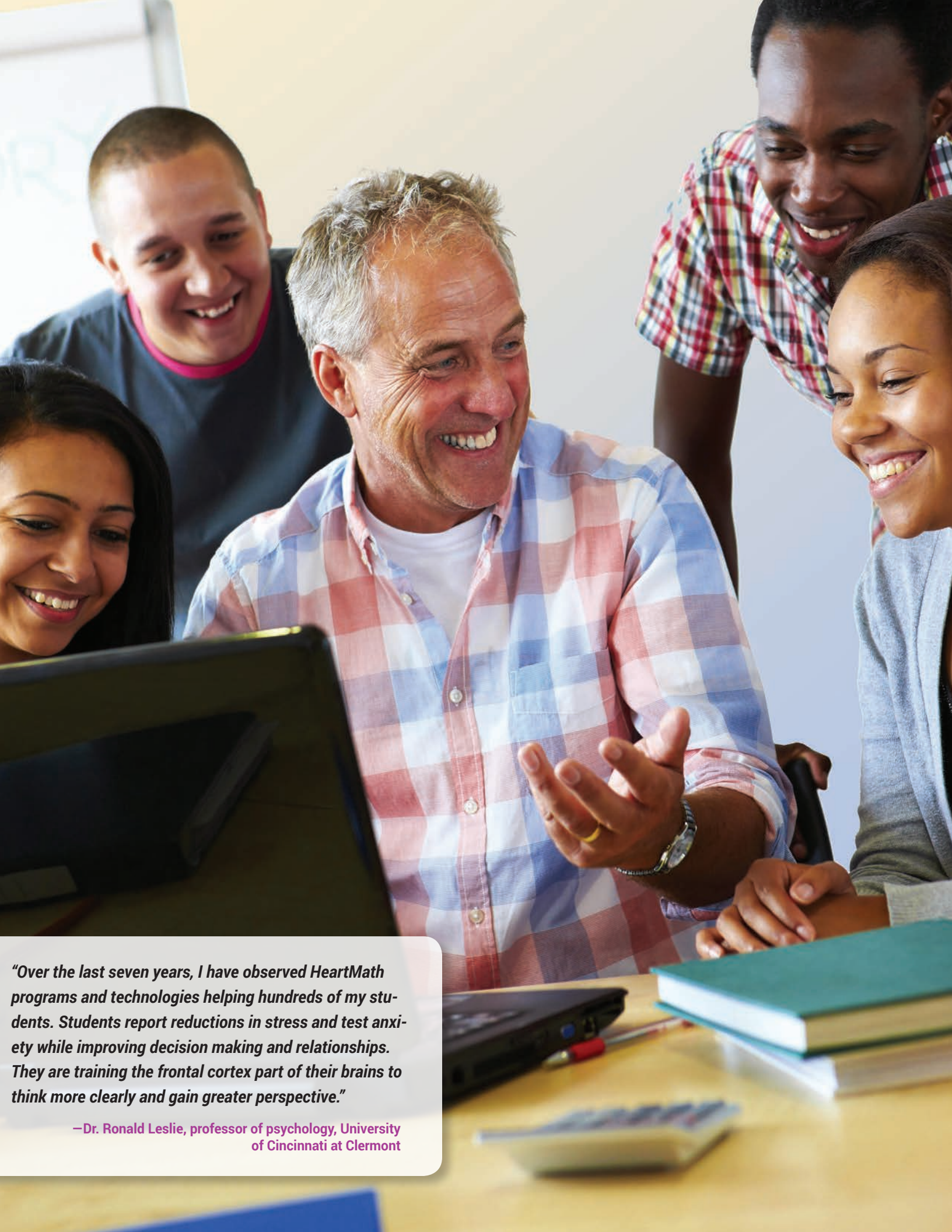
For both the family and the classroom, Wild Ride to the Heart introduces children to the language and understanding of emotions along with a simple emotion-regulation tool which helps children begin to identify and understand their emotions. Active and unpredictable, this game will engage and animate players while facilitating opportunities for heartfelt communication. Win or lose, the whole family will soon learn the true fun in playing Wild Ride – again and again – it makes you feel good in your heart.

Item #5360 \$14.95

“The Wild Ride offers parents and educators a fantastic opportunity to teach children about emotions in a way that is both meaningful and fun. It gives kids the chance to learn about many different emotions, from anger and disappointment to love and calm. Importantly, the Wild Ride provides a powerful tool, Go to the Heart™, that kids can use to help them to gain control of their emotions.

As the father of two young daughters, we have played the Wild Ride many times and our girls love it because it is fun and engaging. They get a kick out of making faces to match the cards and get the giggles when they Go to the Heart. They don’t really know that they are learning about their emotions. And I’m not going to tell them!”

– Jim Taylor, Ph.D., author of three parenting books, former clinical associate professor



“Over the last seven years, I have observed HeartMath programs and technologies helping hundreds of my students. Students report reductions in stress and test anxiety while improving decision making and relationships. They are training the frontal cortex part of their brains to think more clearly and gain greater perspective.”

—Dr. Ronald Leslie, professor of psychology, University of Cincinnati at Clermont

WORKSHOP TOPICS INCLUDE:

Understand the physiology of resilience.

Learn and practice self-regulation techniques to build resilience.

Build cooperative, collaborative relationships.

Improve problem-solving and decision-making ability.

Improve quality of communication and overall organizational climate.

New research on the effects of relational energetics on co-workers, clients and constituents.

How to better access intuition for improved decision-making.

Integrate HeartMath tools into everyday routines.

BENEFITS INCLUDE:

Staff satisfaction and well-being.

Ability to focus, process information and solve problems.

Regenerative sleep.

Meeting efficiency.

Teamwork and morale.

Ability to deal with difficult clients and constituents.

Increase vitality and resilience while reducing stress, worry and fatigue.

Be less reactive, think clearly and make good decisions under pressure.

FLEXIBLE TIME FORMATS

Programs can be delivered in a variety of workshop formats, depending on an organization's needs.

“This is a refreshing workshop at a time when teachers are overwhelmed ...”

—Pat McGran, teacher, Jefferson School District, Daly City, CA



The Resilience Advantage™

Skills for Personal and Professional Effectiveness

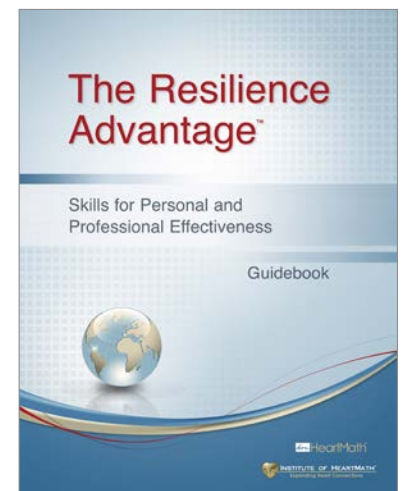
This evidence-based program delivers a practical skill set that helps staff respond more dynamically and effectively to pressure, overwhelm and change. Over twenty years of client results show significant, sustained improvements in areas such as health costs, productivity, stress reduction, resilience, cognition and emotional well-being.

Inquire about pricing: info@heartmath.org or 800-711-6221

At the program's core are easy-to-learn self-regulation tools and resilience-building practices that help individuals become more balanced, aware and high functioning. Participants learn how their responses to events, communications or circumstance can deplete or renew their resiliency. They learn an effective skill set to reduce stress, enhance performance, improve health and well-being and build more effective relationships with colleagues, clients and family. An added component is the award-winning emWave® Pro technology, real-time monitoring of the impact of emotions on physiology and cognitive state.

Learning Outcomes

- Recognize subtle stress signals before they become chronic.
- Learn practical techniques to boost performance, resilience and quality of life.
- Use practical intuition to effectively manage change without overwhelm.
- Be less reactive, think clearly and make good decisions under pressure.





"I use HeartMath tools and technologies to help both staff and students gain greater self-control and reduce their stress levels, as well as pass high-stakes tests. It really helps them, which makes my job so much more satisfying."

– Karl Schlotterbeck, MA, CAS, LP, lead psychologist,
NE Metro District 916, St. Paul, MN

WORKSHOP TOPICS INCLUDE:

Understand the physiology of resilience.

Learn and practice self-regulation techniques to build resilience.

Build cooperative, collaborative relationships.

Improve problem-solving and decision-making ability.

Improve quality of communication and overall organizational climate.

New research on the effects of relational energetics on co-workers, clients and constituents.

How to better access intuition for improved decision-making.

Integrate HeartMath tools into everyday routines.

BENEFITS INCLUDE:

Staff satisfaction and well-being.

Ability to focus, process information and solve problems.

Regenerative sleep.

Meeting efficiency.

Teamwork and morale.

Ability to deal with difficult clients and constituents.

Increase vitality and resilience while reducing stress, worry and fatigue.

Be less reactive, think clearly and make good decisions under pressure.

FLEXIBLE TIME FORMATS

Programs can be delivered in a variety of workshop formats, depending on an organization's needs.

The Resilience Advantage™ HeartMath® Certified Trainer Program

Skills for Personal and Professional Effectiveness

This three-phased, 4½-day, in-depth trainer certification program trains staff and consultants how to deliver key HeartMath strategies and practices to employees working in education, community and social service agencies, nonprofits or to the general public. At the core of the program are easy-to-use, effective, research-based techniques that will bring more ease and flow into the personal and professional lives of others. Upon completion of this training program, trainers will be able to deliver this program to staff in flexible time formats with optional program offerings targeting their unique client populations.

Phase 1: Participate in four tele-mentoring coaching sessions prior to the more in-depth training program.

Phase 2: Attend the 4-½ day training program in person.

Phase 3: Receive ongoing support and mentoring on program implementation and strategizing after participating in the training.

"I have enjoyed our collaboration very much. It has really been the highlight of my career, getting to bring HeartMath programs into the Lake Worth District on a large scale. I know of many teachers, staff, and students where it has made a real difference in their lives."

*—Barbara Hinojosa, Ph.D.,
district psychologist, Lake Worth
Independent School District, TX*

"This training was excellent. Highly engaging, well organized, professional and meaningful."

*—Roxana Marachi, Ph.D.,
associate professor of education,
San Jose State University*

"This is the best training I have ever attended."

*—Ceri Ahlborn, student teacher supervisor,
Arizona State University*

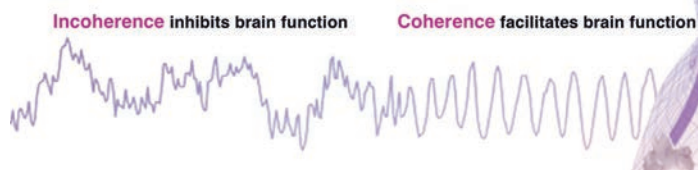
"This is one of the richest learning experiences I've ever had."

*—Linda Babin, school counselor/
psychologist, Edmonds School
District, WA*

Heart Rhythms

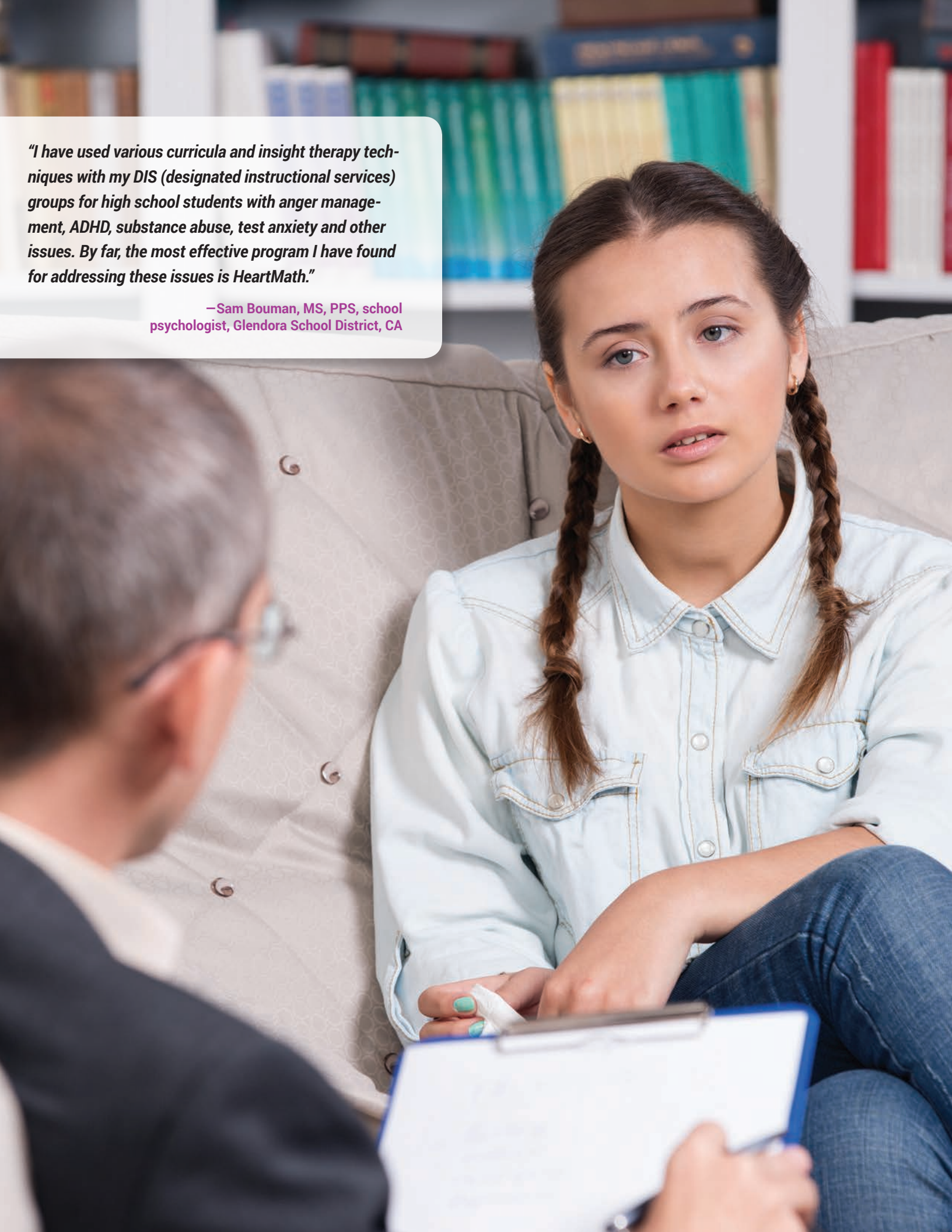
directly impact physical and mental performance

The heart signals especially affect the brain centers involved in social and situational awareness, the capacity to care, intuitive discernment and the ability to self-manage.



"I have used various curricula and insight therapy techniques with my DIS (designated instructional services) groups for high school students with anger management, ADHD, substance abuse, test anxiety and other issues. By far, the most effective program I have found for addressing these issues is HeartMath."

—Sam Bouman, MS, PPS, school psychologist, Glendora School District, CA

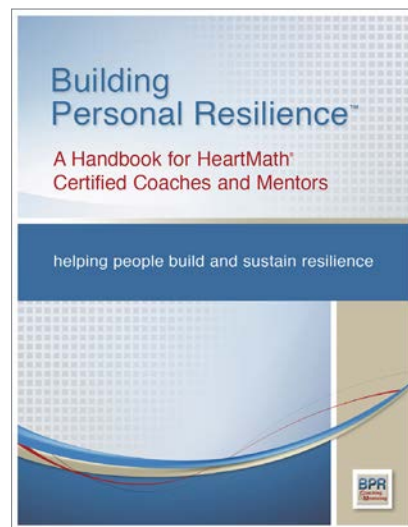


Building Personal Resilience™ – The HeartMath® Coach/Mentoring Certification Program

As part of the HeartMath Coach/Mentor Certification, you will learn the skills needed to mentor and coach educators and clients in learning and integrating resilience and coherence-building techniques into their personal and professional lives. Coaching can be offered to individuals or in groups up to ten. The Coach/Mentor Certification Program is offered in a series of eight, two-hour live phone-based classes.

Over the course of the training, you will have the opportunity to mentor and coach two individuals of your choosing. Course materials include a copy of Building Personal Resilience – A Handbook for HeartMath Coaches and Mentors and three Building Personal Resilience Guides: one for you to develop your own understanding and practice; and one for each of the two individuals you are working with in your practice sessions.

The primary objective of Building Personal Resilience is to provide strategies that encourage and support an effective and sustainable practice of HeartMath's resilience-building and energy self-regulation skills.



Inquire about pricing: info@heartmath.org or 800-711-6221

Types of Therapeutic Applications:

- Depression
- Generalized Anxiety
- Test and Performance Anxiety
- Anger/Conflict Resolution
- Oppositional Defiant Disorder
- Obsessive Compulsive Behavior
- Grief and Loss
- Addictions/Impulse Control
- Trauma
- Chronic Fatigue
- Chronic Pain
- Sleeplessness
- Eating Disorders
- Substance Abuse
- ADHD
- Improved Health Outcomes

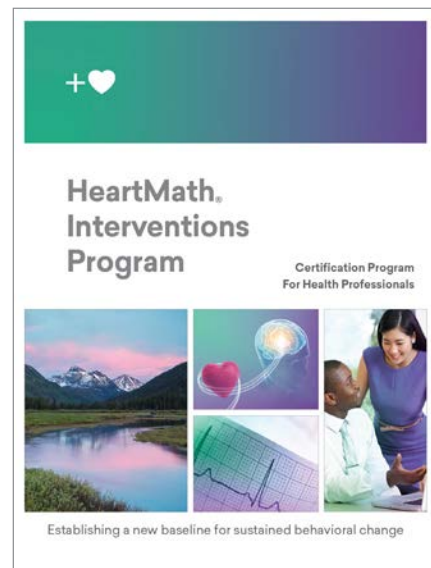
HeartMath® Interventions Certification Program

The HeartMath® Interventions Certification Program is uniquely designed for licensed counselors, psychologists, social workers, educational therapists and other healthcare professionals who want to incorporate HeartMath tools and technologies into their therapeutic work with youth and adults to develop greater emotional self-regulation.

The techniques, protocols and technologies taught in the program guide students and clients in establishing a new physiological baseline that can result in sustainable perceptual, attitudinal and behavioral changes.

Based on 10 years of best practices and results seen by counselors and therapists who have used HeartMath technologies with thousands of students and clients, this program helps practitioners achieve desired results more quickly. The program combines home study, interactive webinars and ongoing technical and clinical support.

The program enrollment comes with the emWave® Pro Plus, in-depth training manual and 4 transforming books.

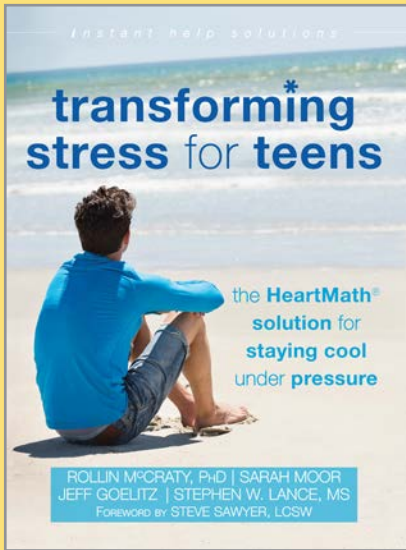


Inquire about pricing: info@heartmath.org or 800-711-6221



“Less stress, less drama, more true friends! Transforming Stress for Teens provides the skills and knowledge teens need to take back their power, and experience both acceptance and understanding. Fit in, be loving, and be loved, yet remain uniquely and genuinely you! A must read.”

—Becky A. Bailey, Ph.D., internationally acclaimed author and speaker, and creator of the Conscious Discipline system of self-regulation for parents, teachers, and students



Chapters:

Resilience – The Key to De-Stressing and Becoming the Real You

Your Heart and Brain – The Power of Working Together

The Emotional Landscape – Understanding How Emotions Affect Your Body

Positive Change – The Stress-Busting Power of a Shift in Attitude

Intuition – Listening to Your Heart

Invisible Communication – The Unseen Effect of Emotions and Attitudes

Coherent Communication – Taking the Stress Out

Relationships – Building Deeper Connections

Three Key Strategies – Building and Sustaining Your Resilience

Transforming Stress for Teens –The HeartMath® Solution for Staying Cool Under Pressure

A simple-to-use skill set students can count on any time is invaluable for today’s teenagers who face tremendous pressures in an uncertain and complex world. Teens are experiencing harmful, life-diminishing and draining stress at school and home, yet thousands are thriving with the evidence-based solutions in HeartMath’s new book, *Transforming Stress for Teens*. They’re enjoying life more than ever after learning powerful techniques for tapping into the uplifting and renewing emotions of hope, appreciation, joy, confidence and courage. The authors have worked with thousands of teens using these same techniques to improve personal relationships, schoolwork and athletic performance and communication.

Throughout the book teens describe in their own words how stress affected them at school and in their homes and how these techniques helped them transform it. Each chapter contains an action plan and exercises for achieving a variety of positive outcomes. *Transforming Stress for Teens* is a research-based work that incorporates the many years of combined experience at HeartMath Institute and the Youth Learning Institute of Clemson University in South Carolina.

Item #1165 Price: **\$16.95**

1 – 9	10 – 19	20 +
\$16.95 ea.	\$14.95 ea.	\$12.95 ea.

“Filled with research-proven, practical suggestions for transforming stress in teens, this insightful book can help you create clarity and calm in the face of the daily challenges of life. This is a step-by-step guide with accessible practices as well as interesting proposals about intuition and relationships, offering new ways of strengthening your mind and improving your life. Dive in and feel the power of this approach!”

–Daniel J. Siegel, MD, New York Times bestselling author of Brainstorm and Mind

“Accessible and engaging, this book provides what today’s teens need—practical tools to help them manage emotions, navigate their world with greater ease, and be more of who they truly are. It is a gem, and I will wholeheartedly recommend it to the teens and parents I work with.”

–Judy Grupenhoff, MS, MEd, youth specialist at Providence Behavioral Health Hospital

“Transforming Stress for Teens sets itself apart from the large number of available books and workbooks for adolescents on managing stress, by moving beyond simple discussions of relaxation and awareness strategies, and additionally explaining and emphasizing the key role that emotional experience and emotional regulation play in truly mastering stress in all aspects of life. I find this book to be unique among self-help books for adolescents in its discussion of fascinating (and important) topics such as coherence, the heart-brain connection, intuition, and communication in very clear language with great real-life examples. The authors do an exemplary job making the chapter topics interesting and relevant for teens in their day-to-day experience, and then provide tools and techniques that are time-efficient and easy to use.”

–Timothy Culbert, MD, FAAP, developmental/behavioral pediatrician and medical director of the Integrative Medicine Program at Prairie Care Medical Group in Minneapolis, MN

Heart to Heart – Connecting with Your Child

Parents and children building heart-based relationships together

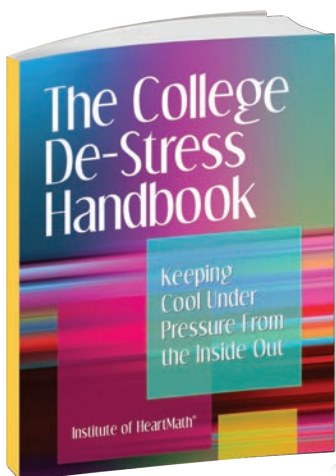
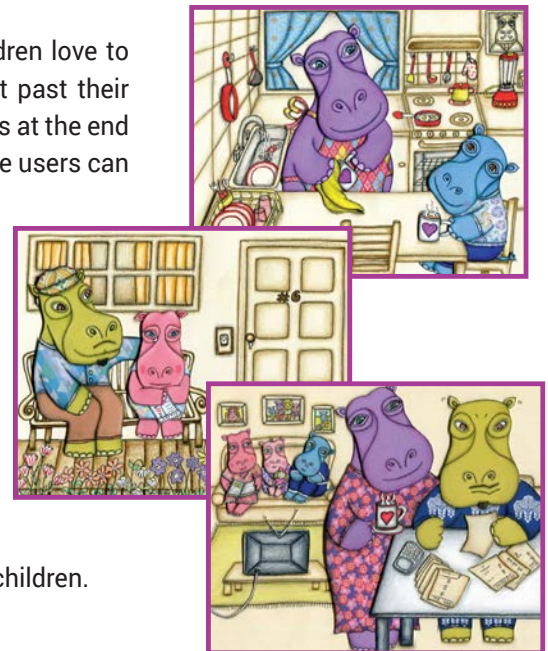
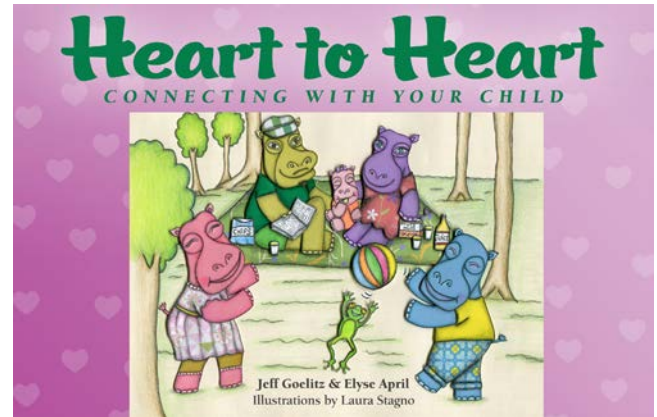
“Kneel down so you can look into your child’s eyes,” *Heart to Heart* recommends, “and softly ask, ‘How are you? What are you doing? Can I help?’” Loving and enduring relationships begin with the heart, and relying on its wisdom is the wonderful new and gentle approach for parents and caregivers to truly connect with their children. *Heart to Heart* is a beautifully illustrated color booklet that presents powerful ideas simply. Both children and adults will love looking at the pictures of the warm and cuddly family members as they go about their daily activities in their cozy little home.

The 17-page booklet includes Shift and Shine™, the HeartMath technique children love to practice. Shift and Shine is a science-based tool that teaches children to get past their upsets and guides family members in listening more deeply. Special instructions at the end illustrate the steps of this science-based tool and explain in detail how first-time users can help their children and themselves get the most benefit from it.

Item #5358 \$9.95

Heart to Heart Features

- Practical ideas for building heart-based relationships with children.
- Color illustrations of animated characters depicting family members in the home.
- Section titled Helpful Information for the Parent and Caregiver.
- The Shift and Shine™ Technique with detailed instructions for teaching it to children.



The College De-Stress Handbook – Keeping Cool Under Pressure From the Inside Out

College can be like walking through a maze with a bewildering number of choices to make and things to do with pressures and pulls coming from all directions. Students have to continuously navigate their way, which requires the ability to weigh options and decide at every turn which choices to make. How well they manage their stress can make all the difference in the quality of college experience. The College De-Stress Handbook offers effective tools and techniques that can help the college experience become rich and memorable. *Call or email for volume discounts.* Item # 5345 12.95

1 – 9	10 – 19	20 +
\$12.95 ea.	\$10.95 ea.	\$8.95 ea.

For every purchase of 20 books, a free Power Point presentation is included in the purchase.

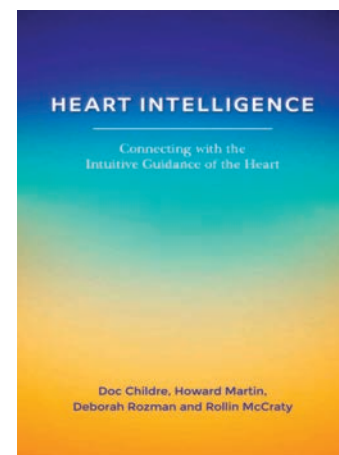
Heart Intelligence—Connecting with the Intuitive Guidance of the Heart

HeartMath's newest book *Heart Intelligence* provides breakthrough research linking the physical heart to the spiritual (energetic) heart. This book provides simple techniques for accessing our heart's intuitive intelligence for moment-to-moment guidance and discernment. Authors share their vast knowledge and understanding of heart and emotional intelligence, coherence, intuition and how we all are interconnected. *Heart Intelligence*, 268 pages, is presented in a conversational style that inspires the reader and provides direction for living a heart-centered and balanced life through the demanding and accelerating pace of change. This fascinating and important work just might change your life forever!

Item #1170 \$14.95

Highlights of what readers will learn:

- Heart-powered tools for replacing patterns that drain your life force such as fear, stress, anxiety and overwhelm.
- How to access your heart's intelligence for making the best choices in each situation.
- Demystifying the practice of inner stillness to take the struggle out of quieting the mind.
- How to practice deep compassion without draining your systems' resources.
- Thoughts regarding soul connection and the higher capacities of your true self.
- Easier ways to align with your purpose; how certain passions can fool you regarding purpose.



"The HeartMath Institute has done it once again! By using science as the contemporary language of mysticism, they have elegantly married age old wisdom and spirituality with their latest cutting-edge research and then they provide us with the practical tools to begin our own journey into heart intelligence. This book is an impeccable representation of what we all innately believe to be true. The brain may think, but the heart knows."

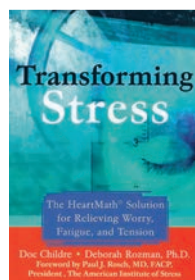
— Dr. Joe Dispenza, *New York Times* bestselling author of *You Are the Placebo: Making Your Mind Matter* and *Breaking the Habit of Being Yourself: How to Lose Your Mind and Create a New One*.

Transforming Stress

The HeartMath Solution for Relieving Worry, Fatigue, and Tension

—Doc Childre and Deborah Rozman, Ph.D.

This research-based book describes several simple, straightforward methods readers can learn and practice to transform stress in the moment. — Item # 1160 14.95

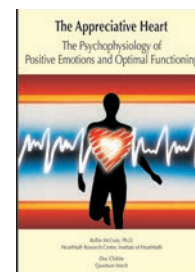


The Appreciative Heart (e-book)

The Psychophysiology of Positive Emotions and Optimal Functioning

—Rollin McCraty, Ph.D. and Doc Childre

A 21-page overview of IHM's research on the physiological correlates of positive emotions and the science underlying the core HeartMath techniques. — Item # EAPH 12.95

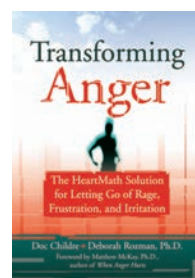


Transforming Anger

The HeartMath Solution for Letting Go of Rage, Frustration, and Irritation

—Doc Childre and Deborah Rozman, Ph.D.

Readers will discover how and why anger occurs in daily life, understand how the body triggers and responds to anger, and learn fast-acting tools and techniques to get in sync and release anger. — Item # 1150 16.95

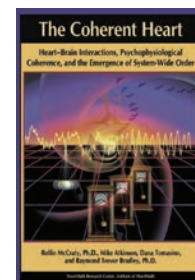


The Coherent Heart (e-book)

Heart-Brain Interactions, Psychophysiological Coherence, and the Emergence of System-Wide Order

—Rollin McCraty, Ph.D., Mike Atkinson, Dana Tomasino, B.A. and Raymond Trevor Bradley, Ph.D.

The role of the heart in systemwide coherence and a new perspective on heart-brain interactions. — Item # ECOH 19.95



“Thus far the school principal, teacher and the student’s mother have communicated to me that they are noticing a change in a student’s behavior. He is practicing the HeartMath tools at school and home and is gradually working towards making the connection between his emotional state and his negative behavior. This young man was abandoned by his father at the beginning of the school year and has been taking out his sadness and anger on his fellow classmates and staff. He had been sent to the office numerous times for playing rough with the other students, disrupting class, talking back to adults and shutting down when faced with challenging academic tasks.”

Jesus Catalan, school psychologist, Isla Vista Elementary School, Goleta, CA

“I started by having the students practice as a whole class with the coherence coach. I have a SmartBoard and we used the projector to show students how to use it. We did a brainstorming session on situations where they can apply the HeartShift tool. They suggested the following: When you’re nervous on a test, when you feel sad, excited or angry and when you need to learn. All of the students are able to shift now after a month of doing it an average of 3-5 days a week. What has been very interesting in observing the students is that they are applying the HeartShift tool throughout the day on different occasions without reminders from the teacher.”

Raquel Guerra-Ramirez, first grade bilingual teacher, Sacramento

“I have been fortunate to be using HeartMath tools since September 2011 with many students ages 5 to 18. All of my students that receive psychological counseling have learned HeartMath tools using the emWave Pro, emWave2 unit, or by playing Wild Ride to the Heart board game. They also have the opportunity to play Dual Drive Pro once they have completed three to six sessions of applying Quick Coherence Technique successfully. In groups, the students challenge each other to see who can achieve the highest time in high coherence over a five minute interval. They have been very supportive in helping their peers sustain a positive feeling. This is very nice to witness – even in a competitive situation, they are encouraging and supportive of each other. The opportunity for our students to use this technology and increase their awareness of daily emotions has resulted in many successful endings of situations that prior to this training, would have resulted in a negative consequence for the student.

By providing HeartMath Interventions to students, I feel that I am achieving my goal of helping them learn to self-regulate and obtain a state of ease so they can get the most out of their education and peer relationships. These students are also increasing their ability to remain calm when faced with high emotional situations. It is wonderful to see students pass my room and put their hand on their heart and give me a big smile! It is these little treasures that make me appreciate being a school social worker and truly blessed to teach HeartMath Interventions to students.”

–Cathy Aitchison, LCSW, Cincinnatus Central School, Cincinnatus, NY

“Students are able to lead HeartMath sessions in front of the whole class to help the class get in sync. They are regularly asking for breathing sessions when the classroom environment feels chaotic. Most students report using the technique in their daily lives when they are stressed with family situations. Even the parents report that students love school in ways they never thought were possible. It is so satisfying to see students feel empowered to contribute to creating a positive school culture.”

–Rona Zollinger, teacher, New Leaf Alternative HS, Martinez, CA

“The students, in general, loved doing the HeartMath exercises and emWave Pro video games. They also were able to generalize these techniques to calm themselves down in unstructured situations such as transition times, lunch and playground activities. The group that was most receptive were 3-4th grade boys who had been diagnosed with AttentionDeficit/Hyperactivity: combined type. Their teacher said they would look forward to the group all week. They prided themselves in 'being in the zone'”

and cheered each other on. Their teacher was very enthusiastic about the program and used it weekly as well as my weekly groups. That buy in was very important.”

–Zoe Hazenson, urban psychologist, Minneapolis

“The Early HeartSmarts program (soon to be the online HeartSmarts Adventures program) is wonderful. It fits into our programming for bereaved children (for our preschool, kindergarten, and first-graders). Learning HeartMath coping skills leaves a child equipped not only for handling their grief, but also for subsequent changes in their lives. Last month as we did the Heart Lock-In® tool during our time of being in a cocoon, before becoming a butterfly (lessons on change), one preschool child spontaneously said, ‘Thank you, heart!’”

–Barbe Creagh, licensed social worker, Rainbow Hospice, Park Ridge, Illinois

“I have had the opportunity to work with approximately twenty students and three faculty members using the emWave2 handheld and the emWave Pro. One particular student who I have worked with has a nicotine addiction. He becomes especially vulnerable when he is stressed. After using the emWave2 device and tracking his waves, he has been able to reach a healthy coherence state at a much faster rate. He feels that he has avoided not only the urges to smoke as a result of practicing HeartMath breathing and positive imagery, but he has also coped by not engaging in confrontations due to the stressors in his life.”

–Harold Robison, counselor, Teton High School, Driggs, ID

“When an assistant principal at one of our schools has a problem with kids bullying, I get a call and usually they get a warning from me. If they do it another time, they have to go to our alternative school for up to 30 days. Of course, those who bully have personal issues, usually anger. I focus primarily on the middle school. Over a year’s time, I will work with around 30 middle school students, most of them boys. Some of these boys are real hard core, with bad, bad home lives. They experience a lot of violence and anger and even gang shootings in their neighborhoods. I don’t force them to get on the emWave Pro, but most choose to do so. Most of them use the emWave Pro about three to four times. The funny thing is that they are not that infatuated with the games. They prefer the heart-rhythm display. They like seeing their heart rhythms and the feeling of being at peace. Each session lasts around 10 minutes. It is definitely helping them with their anger issues.”

–Terry McLelland, dean of students, Lake Worth Independent School District, Lake Worth, TX

“I am a psych major in my third year at the University of British Columbia. I took my first two exams in Biopsychology of Behaviour and Adolescent Development and was stressed about them to say the least. I got 72% on my biopsychology and 67% on my adolescent development midterms. I was very unhappy about these marks as I have been an A or B student since I started university. I spoke with my mom about my concerns with test taking and how I always seem to freeze up when I’m nervous and rush through the exam just to get it over with. She told me to try the emWave Program that I brought into my next two exams on forensic psychology and statistics. I used this tool to calm myself down before my exams and felt the feeling of appreciation surge through me when I was writing my exam, as opposed to the shaking nervous feeling I had on my first two exams. The results were staggering, I received 84%, and 85% on my statistics and forensic exams respectively. I am positive the tool helped my exam taking state and I will continue to use the tool, even without the actual tool, as now I know how to calm myself down before and while taking an exam. This is a tool I can use for the rest of my career, and not only with test taking, but general stressful situations as well.”

–Shannon Kimmitt, undergraduate student, University of British Columbia, Okanagan

EMWAVE TECHNOLOGY		
ITEM #		PRICE
6030	emWave® Pro for Mac and PC (single unit boxed – includes Sensor mod & ear sensor)	299.00
6030-L5	emWave® Pro – Lab 5 (Single Unit plus 4 Sensors)	875.00
6030-L10	emWave® Pro – Lab 10 (Single Unit plus 9 Sensors)	1,500.00
6030-S25	emWave® site license 25 (Single Unit plus 24 Sensors)	3,325.00
6010-E	emWave Ear Sensor (additional unit)	25.00
6010-F	Finger Sensor –optional (not included in package)	25.00
6320-CH	emWave®2 –Portable Handheld Unit (charcoal gray)	199.00
6415	Inner Balance™ Lightning Sensor (for iPhone or iPad)	129.00
6450	Inner Balance™ Bluetooth® for Android or iOS (for iPhone or iPad)	159.00
1530	Dual Drive™ DVD Game –for emWave Pro and emWave®2 (PC only)	69.00
1535	Tropical Heat™ DVD Game –for emWave Pro and emWave®2 (Mac or PC)	99.00
HEARTMATH PROGRAMS		
ITEM #		PRICE
5370	Smart Brain Wise Heart™ – Classroom – 1 kit, 30 students (Kids Ages 9-15)	99.00
BD5303	Smart Brain Wise Heart™ – Multi-Class – 3 kits, 90 students	249.00
BD5308	Smart Brain Wise Heart™ – Site License – 8 kits, 240 students	599.00
EI-ESUN	Sunshine Secret™ Interactive e-Learning Program for Ages 3-7 – 1-3 users	9.95
EL-ESUN-CLASS	Sunshine Secret™ Interactive e-Learning Program for Ages 3-7 – 1-30 students	39.95
HEARTMATH PROFESSIONAL DEVELOPMENT PROGRAMS		
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	Resilience Advantage™ Personal/Staff Training Program	
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	HeartMath® Interventions Certification Program	
HEARTMATH PRODUCTS		
ITEM #		PRICE
5360	Wild Ride to the Heart – A HeartMath Board Game for Ages 4 and Up	14.95
1165	Transforming Stress for Teens (1-9 price per book)	16.95
	Bulk Purchase 10-19 price per book	14.95
	Bulk Purchase 20+ price per book	12.95
5358	Heart to Heart Book (for young children)	9.95
5345	The College De-Stress Handbook (1-9 price per book)	12.95
	Bulk Purchase 10-19 price per book	10.95
	Bulk Purchase 20+ price per book	8.95
1170	Heart Intelligence	14.95
1160	Transforming Stress–book	14.95
1150	Transforming Anger–book	16.95
EAPH	The Appreciative Heart–Scientific Monograph– e-book	12.95
ECOH	The Coherent Heart–Scientific Monograph– e-book	19.95



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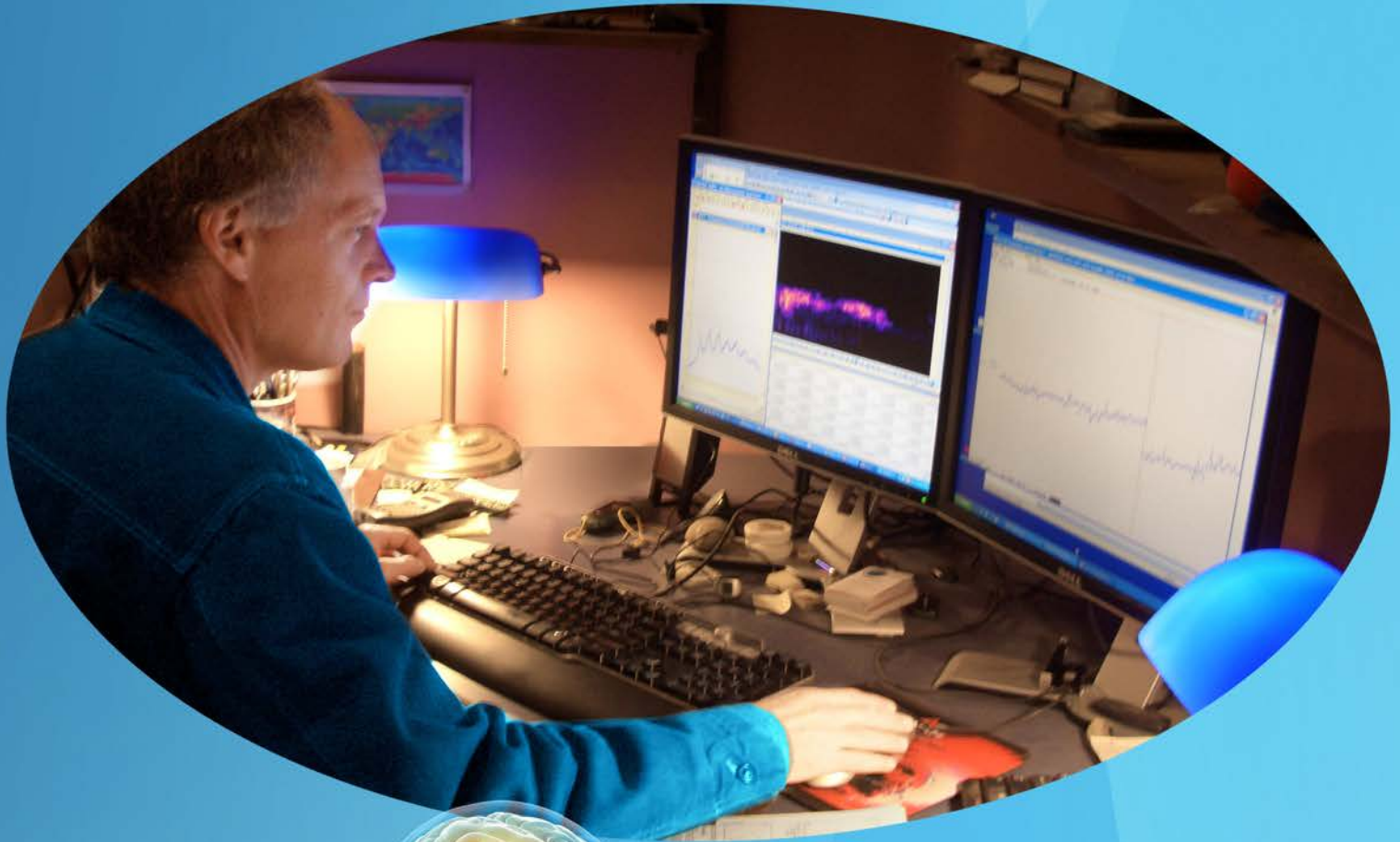
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Researching the Human Heart and Brain



Scientists at HeartMath® Institute have been conducting research on how the heart and brain constantly communicate with one another to keep our energy and body in balance.

One of their key findings is that stressful emotions like frustration, anger and worry can create chaotic or out-of-sync messages in the body, limiting our ability to think clearly, learn and make effective decisions. In contrast, uplifting emotions like appreciation, care and calm create more coherence in the body, enhancing relationships and boosting the ability to learn.

What has emerged from this research are reliable, scientifically-validated tools and technologies that can help people of all ages improve emotional balance, health and performance.

+♥ HeartMath® Institute

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