



INSTITUTE OF HEARTMATH®

Connecting Hearts and Minds

Media contacts:

Jim Camut

412-586-5340 or jimcamut@gmail.com

Gabriella "Gaby" Boehmer

(831) 338-8710 or gboehmer@heartmath.org

Institute of HeartMath®, Global Coherence Initiative Announce Personal Development Retreat in Mexican Caribbean

BOULDER CREEK, CALIF. – Sept. 4, 2012 – The Institute of HeartMath and its Global Coherence Initiative are today opening registration for a once-in-a-lifetime training program in December consisting of meditation, personal and global energetics courses, and plenty of relaxation and recreation at the TAO Resort and Wellness Center in the Riviera Maya region of Mexico.

The Heart of Transformation: Activate Your Heart's Intelligence program will take place Dec. 5 to 9 and registration is open to the public for a nominal fee of \$1,495 before Sept. 30 and \$1,695 if registering after.

The Institute of HeartMath® (IHM), heartmath.org, is a non-profit research and education organization studying the physiology of stress and emotion energetics for more than 20 years. IHM's Global Coherence Initiative (GCI), gcoherence.org, is a special project to unite people around the world in heart-focused care and validate the hypothesis that earth's magnetic field is effected by collective human emotion.

IHM President Sara Childre said the purpose of *The Heart of Transformation* program is to help participants develop their heart intelligence and actualize their role in global peace.

"Many people in 2012 are experiencing a tremendous shift in their lives and around the world. Our program will teach them researched-based tools to stay emotionally balanced in these rapidly changing times, as well as delve into science that helps depict how heart-focused practices can increase personal and global harmony," said Childre.

Facilitators of the program will include Rollin McCraty, Ph.D., Global Coherence Monitoring System project coordinator and an IHM executive, and Howard Martin, Executive Vice President of Strategic Development at HeartMath LLC – both are steering committee members of GCI.

This program will cover:

- The science behind GCI and how participants can be part of its mission.
- The effect of solar cycles on the earth's energetic fields and how these cycles affect people and society.
- Scientifically-validated techniques to increase one's sense of ease and well-being and increase personal performance.
- Energetic field environments and how we influence them for creating positive changes.
- Changes in the heart's communication with the brain and body and what this means in daily life experience.
- Increasing personal intuition - techniques that help tap into heart intelligence.
- Activating the power of positive emotion to feel more clear, energized and empowered.
- Heart coherence and the connection with heart and soul.
- Collective consciousness and the benefit of heart-based intentions.

The program and fee include a four-night stay at the TAO Resort and Wellness Center, private transportation to and from the Cancun airport, all meals and non-alcoholic beverages, access to the resort's facilities and

complimentary wellness classes, use of the TAO hotel beach club and their revitalizing spa, and attendance to *The Heart of Transformation* program.

The program schedule will allow for open time so that participants can explore a range of extraordinary opportunities. The facility offers 10 different tour options from sacred Mayan site visits, to snorkeling with sea turtles and jungle tours. These additional tour activities as well as the airfare are not inclusive in the program registration cost.

For more information about [The Heart of Transformation program](#), email Del Walker at delwalker@heartmath.org or call (831) 338-8502 to reserve a spot. Those who are interested are encouraged to act soon because space is limited for this program.

###

About the Institute of HeartMath:

The Institute of HeartMath, www.heartmath.org, is a 501(c)(3) nonprofit research and education organization. IHM has been conducting scientific research on stress, the physiology of emotions and the science of the heart for two decades. IHM, a world leader in stress reduction and emotion-management research, was founded in 1991 by Doc Childre. Through its research and education divisions, the Institute has developed practical tools, education programs and services – collectively known as the HeartMath System – for the mental, emotional and physical benefit of children through seniors without regard to their social, economic or cultural status.

About the Global Coherence Initiative:

The Global Coherence Initiative, www.glcoherence.org, is a science-based, co-creative project to unite people in heart-focused care and intention, to facilitate a shift in global consciousness from instability and discord to balance, cooperation and enduring peace. It was launched by the Institute of HeartMath in 2008 to test the hypotheses that strong collective human emotions are reflected in the earth's field; that groups of people in heart coherence can affect the earth's field; and that changes in the earth's field predict earthquakes, volcanic eruptions and similar planetary scale events, in order to give people advance warning.