

PRESENTED BY



Howard Martin



Deborah Rozman



Rollin McCraty



Lynne McTaggart

PRESENTATION

HeartMath® European Symposium 2.0

The Heart's Code:

How to Reclaim Your Power
and Unlock a New Reality

November 6 - 9

Crete Island- Greece



HeartMath.

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Why this Matters

The HeartMath European Symposium 2.0 is a four-day international gathering taking place from November 6–9, 2025 at the Lyttos Beach Resort in Crete, Greece.

Hosted by HeartMath and Alternative Media, the event brings together leading voices in heart-brain coherence science including Howard Martin, Deborah Rozman, Dr. Rollin McCraty, and Lynne McTaggart.

Participants will attend workshops, experiential sessions, and keynote presentations grounded in HeartMath's 30+ years of research.

The symposium includes official HeartMath certification tracks and takes place in a 5-star ULTRA All Inclusive environment, offering a complete wellness and learning experience.



What is Heartmath

- ✚ Global leader in the science of heart-brain coherence.
- ✚ 30+ years of research, 400+ studies.
- ✚ Used by top athletes, military, doctors, educators.
- ✚ Techniques + technology = proven transformation.
- ✚ Offers certification programs for coaches, trainers, and professionals.
- ✚ Integrated in leading institutions worldwide, including corporations, universities, and healthcare systems.



Meet the Speakers

Howard Martin



Co-founder of HeartMath and one of its original strategists, Howard is known for his dynamic presentations on heart coherence and performance. He brings over 30 years of experience in translating complex science into accessible tools for change.

Deborah Rozman



As CEO of HeartMath, Deborah has played a central role in applying heart-brain research to real-life stress solutions.

Her work bridges science, leadership, and well-being across global institutions.

Rollin McCraty



Research Director at the HeartMath Institute, Dr. McCraty is internationally recognized for pioneering research on the heart's electromagnetic field and its role in emotional and cognitive function.

Guest Speaker

Lynne McTaggart

Lynne McTaggart is one of the world's foremost voices on the science of intention and group consciousness. As the author of the international bestseller *The Power of 8*, she has pioneered a new understanding of how small groups can catalyze extraordinary personal and collective healing through focused intention.

Her work bridges the gap between science and spirituality, backed by decades of investigative journalism and real-time experiments in global consciousness. At the HeartMath European Symposium 2.0, Lynne will guide participants through live *Power of 8* sessions, offering firsthand experience of the transformative effects of collective energy.

Her presence marks a powerful complement to HeartMath's scientific approach, bringing depth, inspiration, and practical tools to help participants shift their inner and outer realities.



Why Crete?

- + Ancient energy, Mediterranean serenity
- + Accessible, symbolic location for transformation
- + Rich culture, healing nature, sacred history





Why Lyttos Beach?

- ✚ 5-star resort | ULTRA All Inclusive
- ✚ 7 restaurants, 10 bars, spa access, pools
- ✚ Kid-friendly, wellness-focused, ideal for deep rest
- ✚ Versatile indoor/outdoor event spaces



Event Experience

- ✚ AI Interpretation in 9 Languages (French, German, Greek, Italian, Dutch, Hebrew, Arabic, Spanish and Russian)
- ✚ Hands-on coherence techniques
- ✚ Collective intention experiments (Power of 8)
- ✚ Practice & embodiment beyond theory
- ✚ Live scientific demonstrations and real-time biometric feedback
- ✚ Group connection activities designed to foster coherence among participants
- ✚ Intensive HeartMath certification tracks available for professionals



Who should Attend?



Coaches, trainers
and adult educators
looking to expand
their methods with
HeartMath
certification



Healthcare
professionals and
mental health
experts interested in
evidence-based
emotional regulation
tools



Executives, HR
leaders, and
corporate teams
seeking science-
backed strategies
for coherence and
productivity



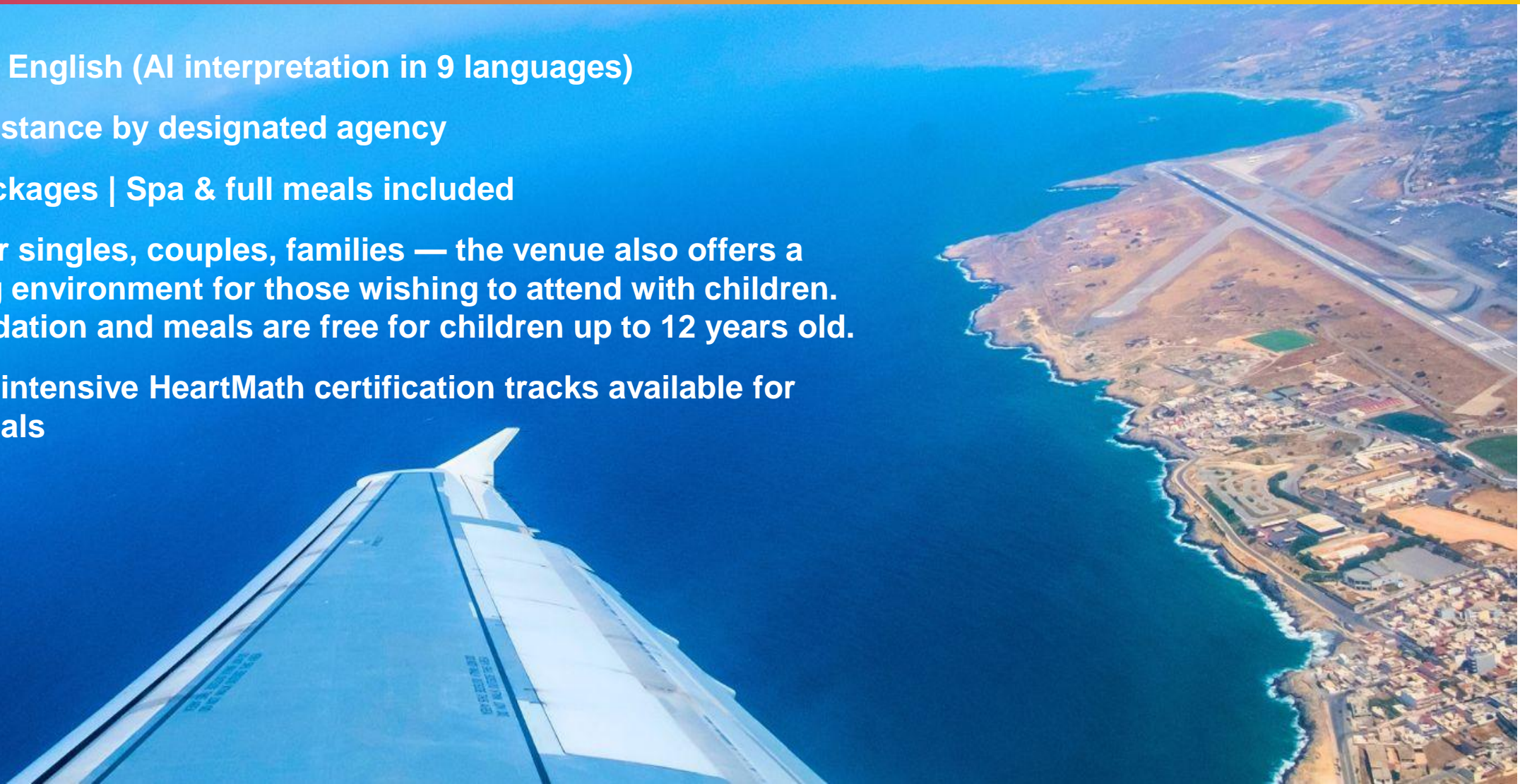
Entrepreneurs,
innovators, and
impact-oriented
founders exploring
the
connection
between
consciousness and
performance



Institutions, NGOs, &
academic communities
working on stress
management,
sustainable leadership,
or human
development initiatives

Practical Info

- + Language: English (AI interpretation in 9 languages)
- + Travel assistance by designated agency
- + 3-night packages | Spa & full meals included
- + Options for singles, couples, families — the venue also offers a welcoming environment for those wishing to attend with children. Accommodation and meals are free for children up to 12 years old.
- + Option for intensive HeartMath certification tracks available for professionals



A 4-day journey
to reset, reconnect, and reclaim your inner power

RESERVE Your Spot

Website: <https://heartmathsymposium.com/>

Contact : projects@alternativemedia.gr



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