

## **Cultivating Calm with Biofeedback and Massage**

Are you tired of being stressed?

Would you like to learn how to modulate your inner state and shift your life experience toward a calmer, healthier modality?

This special opportunity combines massage and biofeedback to help you recognize and practice a new way of being. A brief introductory biofeedback session, during which you wear special fingertip sensors that show how your emotions affect your body, is followed by a one-hour professional massage, grounding you in your body in a relaxed but fully present way.

This will be followed by a second biofeedback session during which you receive expert coaching as you practice harmonizing your breath and heart rate so you can sustain the mental, emotional and physical benefits of the massage.

Learn to consciously control your stress level and maintain a more relaxed inner state of being. Once you have learned this skill, you can use it anytime to achieve greater balance, calm and focus.