



## PALO SANTO PSYCHOTHERAPY & WELLNESS

### **Seminar - Benefits of HeartMath® - from Self to Society**

**Tuesday 3 March 2020, 6-8 pm at Palo Santo Psychotherapy and Wellness, 3045 N First Ave, Tucson, AZ 85705**

Join three HeartMath® certified coaches/trainer to learn how using HeartMath® techniques benefits your personal health & well-being and enhances group dynamics.

Life coach and energy practitioner, **Ute Vaughn**, will start with the importance of taking care of oneself, being present and connecting to one's heart intelligence, using HeartMath® techniques.

Physiologist and Reiki master, **Ann Baldwin**, will show you how using HeartMath® tools balances your mind-body systems and influences those around you.

System Engineer turned Transformation Coach, **Awshee Bator** will talk about how a group of individuals using HeartMath® techniques can have an impact at the social level.

There will be plenty of time for Q&A.

**For further information phone (520) 991-9458 or email:  
abaldwin@mind-body-science.com**

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