



Practical Biofeedback Workshop

Saturday, October 8, 2011
Wednesday, December 7, 2012
Saturday, March 3, 2012
2 to 5 pm

Ann Baldwin, PhD, Physiologist

I'll start this workshop with a short presentation explaining what Biofeedback is and what it can do for you.

Then you'll have a chance to connect to a biofeedback sensor to see where you are on the stress/relaxation spectrum.

Next you'll learn emotional transformation techniques to help you truly relax. You'll work with a biofeedback device to see which technique works best for you.

You'll also learn how to increase your emotional arousal at will to help you focus and concentrate. Another type of biofeedback device will help you do that.

As a result, you'll be able to:

- Control your reactions to stress
- Reduce symptoms of stress-related illnesses (such as hypertension and chronic pain)
- Reach your peak performance whether in work, public speaking, playing musical instruments or sport.

This class is limited to 4 people

To register (required), go to:
www.mind-body-science.com or contact Ann Baldwin at
(520) 795-4048 or **abaldwin@mind-body-science.com**