



## **Workshop: Use Your Heart To Shape Your World**

**Saturday, April 25, 2020, 1-4 pm**

**Ann Baldwin PhD, Physiologist,  
Certified HeartMath Trainer**

Your heart's rhythm tells others a lot about you. Learn how to adjust your heart rhythm to optimize your physical, mental and emotional health and reveal the best version of yourself to the outside world. Bluetooth sensors will help you with the adjustment. As a group you will also work together until your heart rhythms are oscillating in synchrony. Dr. Baldwin will take you to visit some horses so you can see how they respond to you when your own heart rhythm is optimized and to your group when your heart rhythms are synchronized. This technique will give you the power to shape and optimize how others respond and behave towards you. Use it to practice on friends and family. See how your relationships improve!

**Location: Palo Santo Psychotherapy and Wellness,  
3045, North First Ave, Tucson, AZ 85705**

Please register on website: [www.mind-body-science.com](http://www.mind-body-science.com)

**Cost: \$75**

**Class is limited to 10 people**

**For further information phone (520) 991-9458 or email:  
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