

What is the emWave system?

It is an emotional and mental training system for athletes who want to master their emotions. Athletes will see how thoughts and emotions affect the heart's rhythm in real time and learn how to get into an optimal state on demand. By associating the changes on the screen or the handheld device with a more focused, calm internal state, athletes are better equipped to maintain a state of physiological coherence and balance – the Zone – anytime, in any situation in or out of sport.

A tremendous amount of research has been done on the mind-body connection. HeartMath measures these connections. We teach you how to manipulate the mind-body connection and produce a better, more sustainable performance.

<http://www.beyondthebarriers.co.uk/new/what-we-do/heartmath/heartmath-products/>