



Improve self-control

Access zone performance

Perform under pressure

One hour Webinar Introduction to the HeartMath® System for Sport

Date: 6.30pm, 12 May 2011

Introduction to HeartMath® for Sport

Athletes from many sports disciplines from Olympic sports to professional golf, football and cricket have harnessed the power of HeartMath to optimise their performance. This one hour seminar introduces you to the powerful techniques of the HeartMath System.

Every athlete wants to be in the zone more often. HeartMath's 20 years of research has identified a psycho-physiological state in which the interactions between the heart, brain and nervous systems become synchronised. This state of synchronization can be observed, measured and trained. It can be described as a state of flow--of high efficiency, what athletes call the zone. This measurable state also provides increased coordination, improved motor skills and timing, sensitivity, precision and clarity for any activity you're engaged in, moment to moment.

HeartMath's clinically proven tools and techniques help you harness and organise your innate emotional power to perform on demand.

HeartMath helps athletes:

- ◆ Increase awareness of how thoughts and emotions affect the body and the resulting impact on performance
- ◆ Get in the zone for optimal performance intentionally and at anytime
- ◆ Eliminate negative and inefficient emotions
- ◆ Effectively manage anxiety, pressure and excitability
- ◆ Increase confidence and self control
- ◆ Regain energy for optimal performance
- ◆ Improve focus during stressful moments whether it be during training or competition
- ◆ Effectively recover to optimise energy and sustain performance
- ◆ Use the emWave® technology to provide real time bio-feedback and help develop coherence on demand



"Its fantastic not only for your concentration but also for your health. I feel confident and calm. Its all thanks to HeartMath.

Nick Dougherty
European Tour Player Winner, 2007

"I used HeartMath before performing each routine, it helped me to feel calmer and more relaxed. I'm sleeping better and have more energy in the gym."

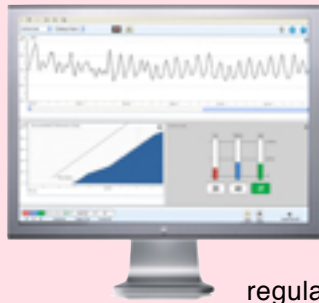
Ross Brewer
Gymnast, 2X Commonwealth
Champion

Beyond the Barriers is a UK licenced provider of the HeartMath System

The HeartMath Advantage

HeartMath has defined the inner mechanics of how stress performance, and how our emotions can either work against us, or for us as an essential element of getting into a high performance state. Heartmath's clinically proven techniques are designed to help athletes gain a competitive advantage and equip them to enter the peak performance zone more consistently.

The discovery that heart-rate-variability (HRV) patterns reflect and are affected by emotions led to the development of the HeartMath emWave® technologies, which are used extensively in this programme.



Both the computer based emWave technology and the handheld emWave PSR® objectively monitor the user's heart rhythms by measuring the coherence level. Through visual and audio feedback, the user learns how to quickly change his heart rhythms and create psychophysiological coherence while practicing the emotional

regulation techniques. Additional features and functions enhance the ability to sustain coherence and track progress.

Results are:

- ◆ **Immediate** – in one hour, or in one day, with a little practice.
- ◆ **Measurable** – you can watch your heart rhythms change in real time and monitor your progress
- ◆ **Sustained** – you continue to improve your ability to get in the 'zone' and deal with the challenges of training and competition.



One Hour Introductory Webinar

This one hour seminar is designed to introduce athletes, sports professionals and sports coaches to the benefits of the HeartMath system. The session will cover some of the 20 years of science behind HeartMath and the application of the tools in and out of the sports arena.

For sports coaches and psychologists, we offer a 2-day certification course to teach and qualify you to train others in the HeartMath system.

see www.beyondthebarriers.co.uk for more information.

Presenter

Anna Hemmings MBE is a six time World Champion and a double Olympian former professional kayaker. Anna is the founder and Director of Beyond the Barriers and a licenced trainer in HeartMath.

To reserve a place:

If you are interested in attending this seminar, or would like further information, please contact Beyond the Barriers, see contact details below.

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