

3 Steps to a Calmer, More Energetic You:



*Simple techniques to rebalance
both mind & body*

April 5, 12, 19, & 26
5:30-6:30 pm

Apple Canyon Lake Clubhouse

\$249 per person for 4-week workshop. Hurry, space limited to 10 students! Registration & payment due by 3/31. Register at the Association office or download registration form at <http://applecanyonlake.org/3-steps-workshop/>.

In this introductory four-week interactive workshop Loraine will teach you simple tools and techniques designed by the HeartMath Institute to help you:

- ✓ Learn to self-regulate, transform stress & improve your well-being in-the-moment.
- ✓ Stop energy drains that deplete health, regain vitality, build resilience.
- ✓ Shift away from emotions and dynamics that may exacerbate or lead to medical conditions.
- ✓ Sustain positive change in your life both at home and at work.
- ✓ Reduce stress and feel more balance in your life!

This workshop includes: Experiential based mind-body techniques designed to empower you to self-manage stress in-the-moment, education on how stress impacts your body, support using individualized biofeedback training and much more.



Loraine McIntyre, owner of Harmony Factor – for inner harmony! has been clinically trained by the HeartMath Institute and is a Certified HeartMath Practitioner. She is also a Certified Specialist in Stress Management and Biofeedback, has her MS in Organization Development with over 17 years' experience leading small groups.

For more info, contact lori@harmonyfactor.com, or go to harmonyfactor.com, or call the office at 815-492-2769.