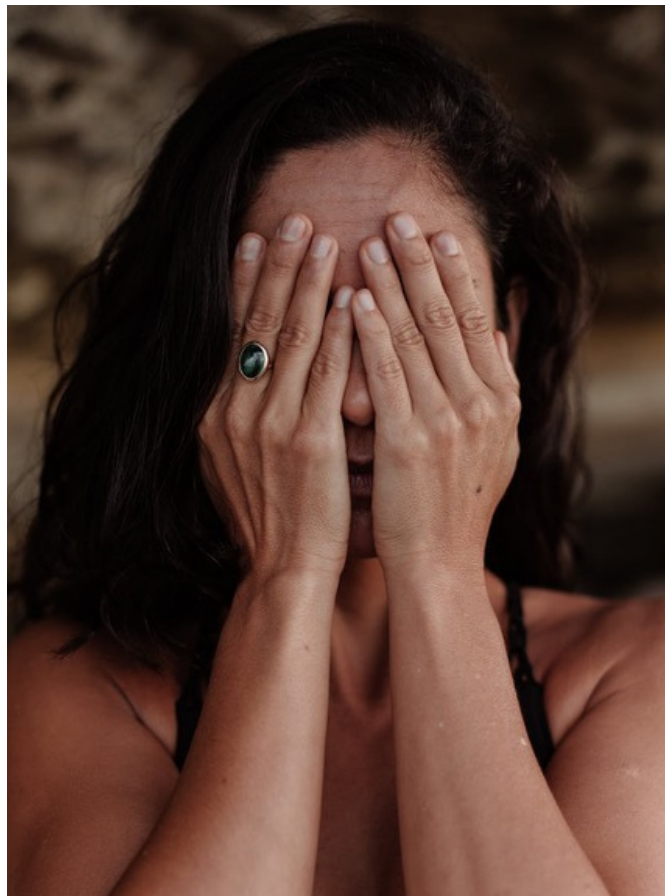


Out of Sorts?

Self care during this difficult time

HeartMath's Resilience Advantage®

online January 11, 18, and 25, 2021



"This class was extremely beneficial. It gave tools that can be used in the moment to help create and sustain a more peaceful, balanced life. I highly recommend it! . . ."

— S. S. RCST®

"I loved the opportunity to connect with HeartMath via the Biodynamic Craniosacral Association. Ellen is a wonderful bridge between both of these endeavors that are so dear to my heart and keys to a more fulfilling life. HeartMath presents direct and simple tools that engender clarity and transformation very quickly. Practice brings increasing adeptness, sure guidance, confidence, ease, and more poise and dignity . . ."

— L. M. RCST

RESILIENCE ADVANTAGE®

CLASS DETAILS

logistics

Online: Zoom
Dates: Mondays – January 11, 18, 25, 2021
Time: 4:00 pm to 6:30 pm (pacific time zone)
Recordings: Each class will be available for viewing for 7 days

tuition

Because of hardships from Covid, BCTA/MA members may choose to pay the **\$129*** full tuition or reduced tuition of **\$99**

Nonmember tuition: **\$149**

Digital HeartMath Guidebook included

what you'll learn

... to choose how you feel, no matter what's happening outside your control

Learn researched ways to select emotional experiences so you receive maximum health benefits—both physical and emotional—that empower you to live a joyful life, even during this pandemic.

... about gut feelings and hunches you can't shake

Learn the science behind 3 identified types of intuition and a sure-fire way to strengthen access to each

... why bad feelings take hold and can last so long

Learn how emotions impact physiology

... how and why life-affirming emotions set us up for creativity, health, lower-stress living, and resilience

your trainer

Ellen Synakowski Webster RCST, is a former BCTA/NA board member and a HeartMath certified trainer. Her business focuses on women who take on the lion's share of emotional work in relationships so others have a sense of ease. She guides these women from depletion and disconnection to vitality where they can then experience peace in deeply-connected and more equitable relationships. Her work also extends to couples and families. www.EllenWebster.com

*Regular prices for this 7.5 hour course generally begin at \$249

MORE ABOUT THE CLASS

cert of completion

With full attendance you'll receive a digital HeartMath certificate of completion.

ceus

7 continuing education units through NCBTMB are available upon request.

This class also qualifies as 7 RCST renewal ceus

class organization

Each class includes:

- Training from Heart-Math certified instructor, Ellen Webster
- Guided practices using HeartMath tools
- Break-out sessions with fellow participants
- Q&A

FAQ

Does the Certificate of Completion permit me to teach HeartMath tools to my clients/family/friends? Yes, participants are welcome to share what they learn, BUT are not licensed, therefore not permitted, to say or imply they are a HeartMath® certified trainer, mentor or practitioner nor may they receive monetary compensation for what they share.

Do the classes start on time? Yes!

What if I get there late? Please still join the call.

Will there be breaks? Yes. We'll take a 5-10 minute break in each class

Are there prerequisites? No. This class is open to all.

What if I need to cancel? Contact BCTA/NA at least 72 hours before the first class to receive a full refund.

What if I haven't used Zoom before? Zoom is user friendly. The software will automatically download the first time you use it. Still, it's good to get familiar so you aren't stressed during the first class. **A zoom tutorial will be offered 15 minutes before the start of the first class (January 11, 2021 at 6:45 pm eastern)**

Are there any class rules or agreements? Yes. Shared Agreements are attached.

SHARED AGREEMENTS

Please contact BCTA/NA *if you cannot agree* to any of the following:

I agree to:

1. Be on time;
2. Share the break-out discussion time equally;
3. Attend all 3 sessions;
4. Have a sense of humor if technical problems arise;
5. Come to each discussion prepared by reading assignments, if given, and completing homework, if assigned, as a way to positively advance my understanding of and comfort with HeartMath tools.
6. Have my photo taken during the class for promotion of online classes sponsored by BCTA/NA or Ellen Webster;
7. Give constructive feedback to BCTA/NA at the end of the series;
8. Offer affirming and supportive comments to ideas / questions / concerns my fellow participants may express, knowing it takes courage and vulnerability to step forward in a discussion with others, especially when learning new skills.
9. Respect the confidentiality of what is said by fellow participants.