

COHERENT BREATHING[®]

THEORY & PRACTICE

An introductory Workshop & Intensive with

Stephen Elliott

Author of
THE NEW SCIENCE OF BREATH
& Founder of COHERENCE

- COHERENT BREATHING - THEORY & PRACTICE

What:

- Half day introductory workshop
- 2 day intensive

Cost: half day session \$50; 2 day session \$200

When: March 28th & 29th, 2008

Time: morning 9-12:30, afternoon 2:00-6:00

Where? Advocate Medical Group:

Addiction Treatment Facility

701 Lee Street

Suite 800, Des Plaines, Illinois 60016

Who should attend?

- Health care professionals
- Educated health enthusiasts
- Those interested in health, well-being, longevity, and optimal performance
- Accredited by APA & NCCAOM (12.5 CEUs) CEUs for LCPC and LCSW provided by Advocate Medical Group

Learning objectives?

- Understand the theory and practice of Coherent Breathing
- Introduction to Heart Rate Variability (HRV) biofeedback as a tool for cultivating optimal respiration and autonomic balance
- Individual practice of Coherent Breathing with HRV biofeedback with coaching
- Application of Coherent Breathing in clinical practice

- About Coherent Breathing -

Coherent Breathing is a formal breathing method developed by Stephen Elliott for the purpose of health well-being, longevity, and optimal performance. It accomplishes this by promoting optimal respiration, optimal blood flow, and its outcome, autonomic nervous system balance.

Coherent Breathing generates a phenomenon known as the *respiratory arterial pressure wave* which rises with exhalation and falls with inhalation. This wave is an outcome of the “thoracic pump” which, in combination with autonomic action, functions to draw blood from the extremities via the right side of the heart during inhalation and impel blood to the extremities via the left side of the heart during exhalation.

Coherent Breathing has been demonstrated to affect many biometrics including heart rate, blood pressure, brainwaves, muscle tension, skin conductivity, and hand temperature, as well as overall “bioenergetic potential” of the human organism. Often, dramatic changes in biometrics are seen within a single therapeutic session. Coherent Breathing is presently used by a growing number of individuals and integrative health care professionals in >8 nations.

- About Stephen Elliott -



Stephen Elliott is a long term student, practitioner, and teacher of Eastern yogic and martial arts and an avid life sciences researcher. He possesses a unique “systems view” resulting from the synthesis of diverse fields of knowledge including physiology, engineering, esoteric arts, and alternative medicine, as well as a deep understanding of yoga and meditation that can only be forged via direct experience. He is a prolific inventor with 40+ patents issued or pending, many of which are in the area of life sciences. Stephen is the founder and life scientist behind COHERENCE. He and his colleagues continue to actively investigate the relationship of suboptimal breathing to today’s pandemic health challenges.

To Register Contact:

➤ Krissy Weik (Advocate Medical Group)

Phone: 847-795-3964

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➤ Tim Clark

Phone: 847-298-8830

email: tim@timclark.org

➤ Steve Elliott (COHERENCE)

Phone: 469-667-5792

email: steve.elliott@coherence.com

A complementary copy of Stephen and Dee's new book:

COHERENT BREATHING

- The Definitive Method -

THEORY & PRACTICE

will be provided at the workshop.

Space is limited so please register soon!

This event is sponsored by R. Cassidy Seminars

CE Credit Hours

Intensive: 12.5; Introductory: 3

Satisfactory Completion

Participants must have paid tuition fee, signed in, attended the entire seminar, completed an evaluation, and signed out in order to receive a certificate. Failure to sign in or out will result in forfeiture of credit for the entire course. No exceptions will be made. Partial credit is not available.

Psychologists

R. Cassidy Seminars is approved by the American Psychological Association to offer continuing education for psychologists. R. Cassidy Seminars maintains responsibility for this program.

CE Credit Disclaimer

Please note: each participant will be responsible for ensuring that the local licensing board will accept the CE credit being offered. We strongly recommend that you check with your individual state regulatory agency to determine whether or not you are eligible for continuing education credit by participating in this training.