

COHERENT BREATHING - THE DEFINITIVE METHOD

Stephen Elliott, Author, with Dee Edmonson, of:



*The New Science of Breath
&
Coherent Breathing - The Definitive Method*

presents:

COHERENT BREATHING - THE DEFINITIVE METHOD THEORY & PRACTICE

An introductory workshop and two day intensive

at:

Divine Wellness Spa, Plano, Texas

Who should attend?

- Health care professionals
- Performance coaches
- Educated health enthusiasts
- Serious health enthusiasts
- *Accredited (3.0/12.5 CEUs) by The American Psychological Association and the National Certification Commission for Acupuncture & Oriental Medicine (provider#: ACHB552-001).*

When:

- August 16-17, 2008
- September 20-21, 2008
- October 18-19
- November 15-16
- December 13-14

Time: Morning 9 a.m. - 12:30, 2:00 - 6:00 p.m., both days

Cost: Half day only: \$75; 2 day intensive: \$300

Where? Divine Wellness Spa: www.divinewellnessspa.com

2301 Ohio Drive, Suite 100, Plano, Texas Phone: 972-867-2303

[Click here to enroll in the August intensive](#)

[Click here to enroll in the intensive and purchase emWavePC
\(and receive a \\$50 discount on the price of the workshop\)](#)

[Click here to enroll in the introductory session only](#)

About Coherent Breathing:

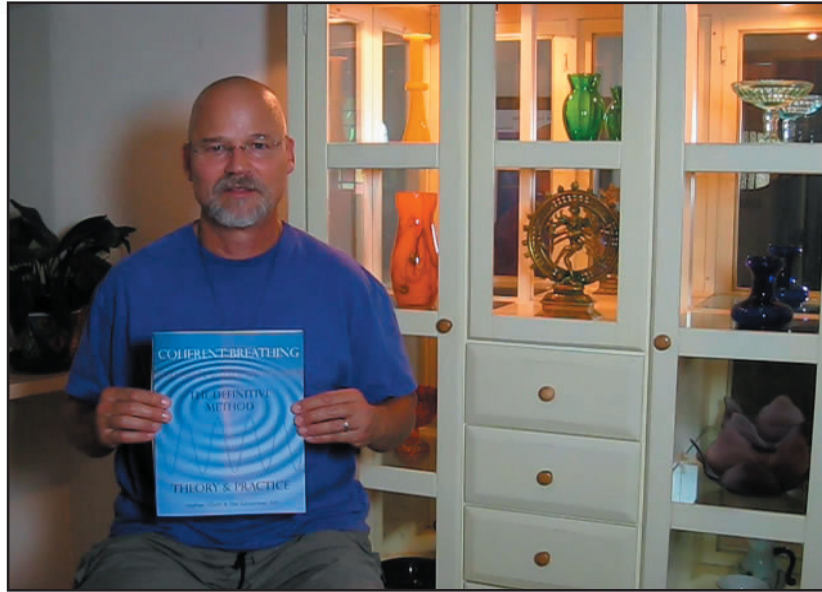
Coherent Breathing is a formal breathing method developed by Stephen Elliott for the purpose of promoting health, well-being, optimal performance, and longevity. It accomplishes this by eliciting synchronous blood flow and its outcome, autonomic nervous system balance.

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. In this way, Coherent Breathing increases circulation and offloads the heart of the full burden of generating and sustaining blood flow and pressure.

The autonomic nervous system synchronizes with the action of respiration resulting in equal sympathetic and parasympathetic emphasis. 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 increase the overall “bioenergetic potential” of the human organism.

Coherent Breathing is presently used by a growing number of individuals and integrative health care professionals in >9 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.

Contact:

COHERENCE:

- 1314 West McDermott Rd.
- BPM 903
- Allen, Texas 75013
- workshops@coherence.com

Divine Wellness Spa:

- 2301 Ohio Drive, Suite 100
- Plano, Texas 75093
- Phone: 972-867-2303
- workshops@divinewellness.com

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.