

# LIVING FROM THE HEART

Class taught by:  
Susan K. Zimmerman, M.S., C.Ht.

Friday evenings April 23 – May 28, 2021  
7:00 – 9:00 p.m. ET

**This class will be offered on Zoom**  
**A link will be provided upon registration for class**

When we live from our heart, we access our intuition, our deep wise voice, and can live in a state of ease. By listening to our heart, we can reduce stress in our lives and react to upsetting events from a calm centered space.

Scientists have found that our heart has the ability to make decisions much more quickly and more effectively than when we stay in our head or brain. They even called this the heart's "brain". We can live a more **synchronized** life and be in a **coherent** state between our heart and brain rather than stuck in a reactive mode. Come learn how this helps us to feel better about ourselves, be more empathic towards others and diminish STRESS.

This class will teach you techniques that help with:

- Stress reduction
- Listening to our Heart's wisdom
- Synchronizing our Physical, Emotional, Mental, and Spiritual Essences
- Cope better with this fast paced world
- Dealing with change or crises, big or small
- Better decision-making

Come learn this Science based skill that helps us live in a synchronized, coherent state of being. Based on teachings found in HeartMath theory ([www.heartmath.org](http://www.heartmath.org))

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| Classes meet: | April 23 | May 14 |
|               | April 30 | May 21 |
|               | May 7    | May 28 |

Class Fee: \$175.00

Register by emailing: [PassagesTransitions@gmail.com](mailto:PassagesTransitions@gmail.com) or  
phone (517) 339-4675

**REGISTER EARLY – ENROLLMENT IS LIMITED!**