

CARDIAC COHERENCE



THE 365 METHOD

3 times
a day

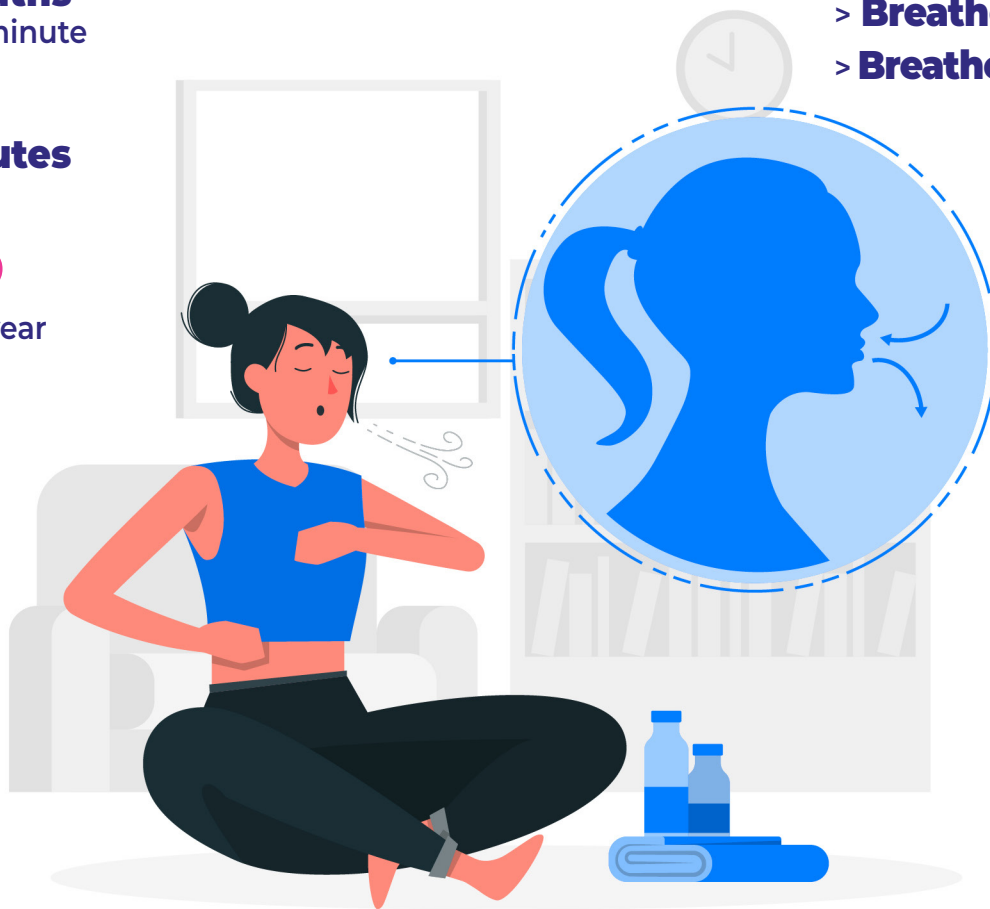
6 breaths
per minute

For
5 minutes

365
days a year

**6 BREATHS PER
MINUTE**

- > **Breathe in** for 5 seconds
- > **Breathe out** for 5 seconds



GOOD RHYTHMIC RESONANCE BETWEEN THE HEART AND LUNGS

- > Lowers the heart rate
- > Reduces stress
- > Improves concentration
- > Lowers blood pressure
- > Improves sleep
- > Boosts immunity



Agir pour
le Cœur
des Femmes

Women's Cardiovascular Healthcare Foundation

www.agirpourlecoeurdesfemmes.com

