

## THE WILD DIVINE BIOFEEDBACK

Give yourself permission to put your own recovery, energy and peace of mind first. When life is demanding too much from us, sometimes we have the power to change our circumstances, rearrange our priorities. But that is not always the case—what if you really cannot change the causes of stress in your life? Whether your challenges in life are temporary or chronic, you have to find the ability to recover.

Wild Divine blends ancient wisdom and meditation along with modern technology. Wild Divine is a patented system of what we call “active” feedback provided by our unique Iom Training Hardware. The Iom is a scientific device, but designed for home use. It measures your body's Heart Rate to determine your Heart Rate Coherence ratio to interpret your state of stress or relaxation. Then the fun begins. The graphics and visual elements in Wild Divine software are lush, beautiful, and engaging. The software guides you through step-by-step training in interactive environments, and provides cutting edge content from wellness industry leaders like Jon Kabat-Zinn, Dr. Andrew Weil, Dr. Dean Ornish, and Thich Nhat Hanh among others. It's modern technology suitable for adults and children alike. The feedback programs can give you more awareness of your own internal states of consciousness. Other possible benefits include the potential for a clearer state of mind, heightened powers of imagination, greater understanding of the mind/body connection, reduced feelings of stress, and more energy and relaxation, focus.

Stress less. Listen better. Get your brain, sound and fit.