



THRIVE WELLNESS AND PERFORMANCE

Heart Rate Variability (HRV) Master Class w/ Dr. Jay Wiles

Join us for a 6-Week, Live Master Class on all things HRV. Learn from the leading expert on HRV for performance!

Starting September 1, 2020!
Time TBD (most likely 7pm ET)

WWW.THRIVE-WELLNESS.COM/MASTERCLASS
INFO@THRIVE-WELLNESS.COM



Heart Rate Variability (HRV) Master Class

Provided Live By: Dr. Jay T. Wiles

What Will We Learn?

1. Take a DEEP DIVE into the psychophysiology of HRV
2. Learn about how to appropriately measure and interpret HRV
3. Integrate behavioral strategies to modulate HRV
4. Train HRV through biofeedback
5. Using HRV as a recovery metric and tool
6. Biohacking HRV
7. Diet and HRV Modulation

And MUCH MORE!






Heart Rate Variability (HRV) Master Class

Logistics

First Cohort Start Date on 9/1/2020

- Cost: \$400.00 (before 7/31/2020); \$500.00 (after 7/31/2020)
- Length of Commitment: 6 Classes, All 1 hour each (6 hours total) and all LIVE
- Mode of Service: Online Video; education and Q&A w/ Dr. Wiles
- Resources provided each class w/ access to all educational material for viewing outside of the course.
- BONUS: Discounted rates for individual coaching!

These spots will not last long! Reserve now to take advantage of discounted rate!



For more details and to get started with HRV training and Health Coaching, visit our official website at

www.thrive-wellness.com

For inquiries, contact us at
info@thrive-wellness.com