

Vak: HeartMath**credits: 1**

Vakcode MZVB17HM1
Naam HeartMath
Studiejaar 2022-2023
ECTS credits 1
Taal Engels, Nederlands
Coördinator M. Bodewes-de Vries

Werkvormen
Toetsen toets-01 - Overige toetsing

Leeruitkomsten

Nog geen leeruitkomsten bekend

Inhoud

HeartMath is an easy way to reduce stress and increase energy in musical performance and personal situations. It is simple, effective and scientifically supported. HeartMath was founded in 1991 by Doc Childre and builds on research based, practical and reliable tools to increase flow and reduce the harmful effects of stress.

By learning HeartMath techniques you will start recognizing and reducing stressfull patterns in your behaviour, resulting in better focus and performance. After training the various HeartMath technique you can integrate them in your musical and daily life.

Opgenomen in opleiding(en)

Muziek, major Klassieke Muziek

School(s)

Prins Claus Conservatorium