



# emWave2<sup>®</sup>

Hand-held Device with  
Computer Interface

Transform your response to stress  
and quickly rebalance your  
mind, body and emotions

Improve health  
and increase  
resilience

Change your  
reaction to stress

Maximize creativity  
and innovation

Boost performance  
and intelligence

Share and engage  
with others

Scientifically  
Validated  
Technology



emWave2<sup>®</sup> is a portable and convenient way to reduce stress, balance emotions and increase performance. Used just a few minutes a day, this simple-to-use technology helps you transform feelings of anger, anxiety or frustration into more peace, ease and clarity to be at your best.



Learn to change your physiology through breathing and focusing on positive emotions. The emWave2 collects pulse data through a pulse sensor and translates the information from your heart rhythms into easy to follow lights on the portable emWave2.

**emWave2** is available in charcoal gray or silver blue.

**NEW!** Now available with HeartCloud™



emWave2 now syncs with HeartCloud giving you the ability to track universally, earn rewards for your efforts and share with others. HeartCloud can be conveniently accessed at any time from your iOS device or computer.

# How it Works

As you practice on the go or at your computer you learn to increase your coherence baseline and your ability to take charge of your emotional reactions. Health, communication, relationships and quality of life all improve.

- **NEW!** emWave2® software now includes Inner Balance™ breath pacer screen.
- Use emWave2 on the go as a portable training device and store sessions on your computer and HeartCloud for future comparison and review.
- Run a session while at your computer and watch your coherence through real-time graphs and charts.
- Share with friends, celebrate on social media or work with your health professional.
- Earn award badges for progress and achievement.



## Package Contents:

- emWave2 handheld device
- USB connector
- Ear sensor
- DVD with software application
- Quick Start guide
- Practice Plan



Garden Game

Three **interactive games** help you transform stress into creative energy.

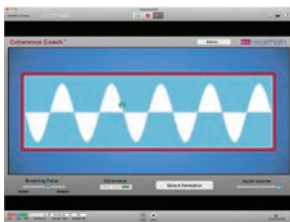
**Emotion Visualizer®** provides stunning colorful images which vary according to your emotional state and coherence level.

**Coherence Coach®** leads you through breathing exercises and a simple technique to rebalance your system.

**My Inspiration** enables you to create your own images for coherence building.



Emotion Visualizer



Coherence Coach



My Inspiration



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## SKU

6320-CH Charcoal Gray  
6320-BL Silver Blue

## Product Specifications

Size 3-1/4 x 2-1/8 x 5/8in  
(82.55 x 53.9 x 15.87mm)  
Weight 2oz (56.7g)  
Cable length 56in  
(142.24cm)

## Package Specifications

Box Size 7-1/4 x 5-7/8 x 1-5/8in  
(184.15 x 149.225 x 41.275mm)  
Weight 8.7oz (246.641)

## System Requirements

WINDOWS

Microsoft Windows® XP  
SP3 or newer

1.0 GHz or faster processor

1GB RAM

MAC

Mac® OS X 10.6 (Snow  
Leopard) or newer

1 GHz or faster processor

One available USB port

Internet Access