

Inner Balance™ Bluetooth for Android or iOS (iPhone or iPad)



Take Charge of How You Feel

It can be easy to feel overwhelmed, anxious and scattered. The Inner Balance™ trains you to shift and replace emotional stress with emotional balance and coherence.

- Replenish your energy so you have more available to do what's most important to you.
- Balance your emotions for better relationships and performance.
- Quiet an overactive mind for more focus, composure and effectiveness.

The Coherence Breakthrough

Inner Balance is based on "the coherence breakthrough". Coherence is a state of synchronization between your heart, brain and autonomic nervous system that has been proven to have numerous mental, emotional and physical benefits. You can think of coherence as a simultaneous state of relaxation, readiness and revitalization. Some refer to this as a balanced state of composure or poise. Coherence improves performance, health and emotional well-being.

Typical Benefits People Notice

With 2 Weeks of Genuine Practice:

- More ease and inner peace
- Better sleep
- Less friction in relationships
- Less worry
- More alertness
- Better focus and decision making
- More positive attitudes
- Increased composure and calm

How it works

Once you have downloaded the Inner Balance App from Google Play or the App Store, just connect the Sensor to your ear and you are ready to begin. Inner Balance incorporates an advanced heart-rate monitor, that measures even subtle changes in your heart rhythms. This type of measurement is known as heart-rate variability analysis, or HRV. HRV analysis is a noninvasive measurement that reflects heart-brain interaction and autonomic nervous system dynamics, which are particularly sensitive to changes in your emotional state.

Experience the Difference

When you experience stressful emotions such as frustration, anxiety, irritation and anger, your heart-rhythm pattern becomes irregular and incoherent, negatively affecting your health, brain function, performance and sense of well-being. When you experience renewing emotions such as appreciation, dignity, joy and love, your heart-rhythm pattern is more ordered and coherent.



These graphs contrast the quality of a heart-rhythm pattern when stressed to one when feeling renewing emotions.

Our heart rhythm patterns are the best reflection of our inner state. We can use the Inner Balance to see what's going on inside of us and learn how to shift into a state of balance, self-reliance and renewing feelings, such as appreciation and compassion.

Bluetooth Software Compatibility

Android OS 5 or newer

iOS Version 9 or newer (iPhone, iPad)

Bluetooth version 4

Dimensions

3-1/4 x 2-1/8 x 5/8in

82.55 x 53.9 x 15.87mm

Weight

Weight .9 oz

(25.5g)

Packaging

Box Size 5-1/2 x 7 x 1-1/2 inch (139.7 x 177.8 x 38 mm)

Weight 5.1 oz (144.6g)

Sensor Specifications

Ear Clip Size

1-5/8 x 3/4 x 5/8 inch

(41.3 x 19 x 15.9 mm)

Cable Length

14 in (35.6cm)

Pod Size

2-5/8 x 1-1/4 inch x 1/2 inch

(66.7 x 31.7 x 12.7 mm)