









Unit 2: Heart Coherence - Your Built-In Superpower

 Components	<div>Reading</div> <div>Video</div> <div>Written Assignment</div>
 Duration	35 min
 Notes	HeartMath approach, Quick Coherence Technique. 7-day practice log: 3 days experimenting entry styles + 4 days committed practice
 SOU Evidence	
 Section	Module 3
 Status	Not Started
 Subsection	Regulation Practice