



HARMONETIKS TRAINING CENTER

WESTPORT, CONNECTICUT •
WELCOME TO A PLACE WHERE HEALING MEETS YOU

GRAND OPENING

SATURDAY, SEPTEMBER 12, 2026, 12 to 2 PM • 420 POST ROAD WEST, WESTPORT, CT 06880

Help Yourself. Help a Veteran.



A PLACE TO LEARN, PRACTICE ,& RESET

BREATH BASED AND SOMATIC SELF-REGULATION IN A WELCOMING COMMUNITY

LEARN WITH THE FOUNDERS



DR JEFFREY ZIMMERMAN
FOUNDER



JAY VAN SCHELT
CO FOUNDER
PROGRAM DEVELOPMENT LEAD

COME AS YOU ARE
BREATHE / LEARN / REGULATE

Dear Friends and Neighbors,

You are warmly invited to the Grand Opening of The Harmonetiks Project Training Center in Westport. We created this space around a simple idea: healing is not something you only receive - it can also be something you learn to participate in, one breath, one pattern, and one practical skill at a time.

The Training Center is built as a two-sided community model. Veterans and service members can access dedicated care and training, while classes and treatments booked by the public help fund veteran recovery. Our current in-person offerings center on The Easy Breath and Acupuncture + Harmonetiks, with additional movement-based programs planned as the Training Center grows.

WHAT YOU CAN EXPERIENCE

- **The Easy Breath:** a Live or on-line nervous-system training designed to build real-time somatic skills and autonomic RE-Regulation.
- **Acupuncture + Harmonetiks:** An integrated 12-week protocol pairing targeted acupuncture with Easy Breath training.
- **A Dedicated Healing Environment:** A supportive setting focused on active somatic learning, self-awareness, and practical emotional re-regulation skills.

WHY YOUR VISIT MATTERS

- **Two-Sided Community Impact:** Every public class or treatment booked directly helps fund dedicated care for veterans and service members.
- **Proven Veteran Recovery:** Supports veterans through our intensive, full 12-week Acupuncture + Harmonetiks recovery model.
- **Strengthen Local Resilience:** Your participation builds a stronger, health-focused community grounded in care and mutual support.

Come as you are. Bring your curiosity, your questions, and a willingness to discover what a little more awareness and a better breath can make possible.

GRAND OPENING DAY
Saturday, September 12, 2026
From 12 -2 PM
Ribbon Cutting at 1PM

Training Center open Tuesdays, Thursdays &
Saturdays

CONNECT

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