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TONYA SCHMITT

THERAPEUTIC YOGA, REIKI
MASTER, HEALTH COACH
MED LIFE SCIENCE
BA BIOLOGY

HEALTH & WELLNESS EXPERIENCE

Yoga & Fitness Teacher, Health Coach Western WI & Eastern MN, 2008-present

Empowering & fun classes!

Designed & taught classes in yoga, mindfulness, mindful eating, healthy aging, healthy eating & mind-body fitness. Large & small groups. Individuals. Adults. Families. Youth.

Reiki Master Western WI, 2010

Primarily individual healing sessions, with some group teaching sessions. Incorporated essential oils, stones, chimes, singing bowls, breathwork, mantra & more.

WELLNESS EDUCATION

YogaFit (YF), Fitness (NETA) & Mindful Schools (MS)

2017
500 hours with YF, emphasis on trauma healing. Coursework for adults, children & teens. MS: two courses & graduate credits for Mindfulness in the classroom.

2014
Fitness Instructor with National Exercise Trainers Association

2010
200 hour program with YF.

Health Coaching & Reiki

2014
Prime Time Health course with Dr. Sears.

2010
Reiki Master Teacher status with Nellie P. Moore.

ABOUT ME

Skilled, compassionate, empowering & fun yoga teacher & wellness professional.

My effectiveness as a teacher/healer stems from my seamless integration of research-based exercise physiology and neuroscience with ancient traditional wisdom and an abundant sense of playfulness and humor!

OTHER EXPERIENCE

Environmental Educator
Program Coordinator
Executive Director
Science Teacher
Grant Writer
Storyteller
Naturalist

**HEALTHY MINDS & BODIES:
SPECIALIZING IN YOUTH,
FAMILIES, PARENTS,
& SCHOOLS**

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