

## Health Coaching

Together, you and Tonya create your unique path to a healthier & happier YOU!! Ongoing communication, as well commitment, is critical. The journey may be traveled online or in-person. Whole health is explored, including physical activity, diet, relaxation, stress, recreation, social connections and more.

Step 1: Complete the health inventory.

Step 2: Discuss with Tonya & set goals.

Step 3: Complete regular updates & discuss.

## Therapeutic Yoga

Therapeutic yoga begins with a health inventory, and follows similar steps as health coaching.

Along the way, yoga methods for bringing your nervous system to optimal health are followed, such as:

Postures

Breathing

Mindfulness

Visualization

Positive Affirmations

\*Especially helpful for Depression, Anxiety, Weight Loss, Trauma, Addiction

\*Ideally, in conjunction with support group, therapist, etc.

## Reiki

Gentle, healing energy is directed into your body through Tonya's hands, as you lie fully clothed, on a massage table. Your only job is to breathe and relax. Additional tools that may be used include:

Essential Oils

Stones

Healing Sounds

Myofascial Release

Music

Mantra

Standard rate \$60/hour for each service.

**FREE 15 min consult**

*Incredible package deals on website!*



About  
Tonya  
Schmitt,  
MEd  
10+ years  
experience

Tonya specializes in youth, parents, families & schools. She has well over 500 hours of training with an emphasis on trauma healing from YogaFit & Aura Wellness. She holds numerous certifications in health & wellness coaching, Reiki, feng shui, medicine wheel and fitness. She is a graduate of Executive Director Leadership at U of St. Thomas. She holds a bachelor's degree in Biology (SW MN State) and a master's degree in Life Science (U of MN). Tonya empowers you to thrive where hard-core science and ancient traditional wisdom meet!  
NAMASTE!

Mindful SOULutions  
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Therapeutic  
Services

*Healthier,*  
HAPPIER living!

Body  
Mind  
Soul