

Group Health Coaching

Custom-created for powerful support & encouragement for your group! Following a shared theme, such as weight-loss, healthy families or healthy aging, participants are active in creating healthier, happier lifestyles. 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: Meet with group & set goals.

Step 3: Attend regular meetings & discuss.

Special Event Yoga

Perfect for your one-of-a-kind event:

Ladies' Night Out
Baby Showers
Bridal Showers
Birthday Parties

Catered for your needs! A fun way to nourish body, mind & soul with the people you love!

\$140

Two hour party for up to 10 participants at *In Balance Yoga & Fitness* or your nearby location. Includes yoga class & party time.

Mindful Living

Together, explore tools & toys of empowered, mindful living, such as awareness in breathing, speaking, eating, walking, seeing, listening and more. Gather your group, and begin the journey! The journey may be traveled online or in-person.

Group Health Coaching & Mindful Living

\$120/hour
4-6 participants
at *In Balance Yoga & Fitness* or your nearby location.



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 youth: ADD, Autism, anxiety, depression & trauma healing from YogaFit. 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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**Mindful
 SOULutions**



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**Group
 Services**

Healthier,
HAPPIER living!

Body

Mind

Soul