

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.

Therapeutic Yoga/Mindful Living

Includes health inventory. Together, explore healing tools of empowered, mindful living. Tools include awareness in~breathing, speaking, eating, walking, seeing, listening, yoga postures and more. Gather your group, and begin the wellness journey! The journey may be traveled online or in-person.

**Health Coaching,
Therapeutic Yoga
& Mindful Living**

\$150/hour

3-6 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