

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 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
River Falls, WI

**Mindful
 SOULutions**



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**Therapeutic
 Services**

Healthier,
HAPPIER living!

Body
 Mind
 Soul