

## Group Health Coaching

Custom created to powerfully support & encourage your group! Following a shared theme, such as weight-loss, healthy families or healthy aging, you are active in creating your healthier, happier lifestyles!

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 with Tonya.

Step 3: Engage in regular meetings. Share victories & road blocks. Learn & grow with Tonya's guidance!

## Corporate/ Event Yoga

Perfect for workplace wellness or your one-of-a-kind indoor or outdoor event:

Ladies' Night Out  
Baby Showers  
Bridal Showers  
Birthday Parties  
Anniversaries  
Picnics

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

Class may be more gentle, meditative, playful, or active according to your needs!  
Talk with Tonya to create.

## Therapeutic Yoga/Mindful Living

Together, explore healing tools of empowered, mindful living. Tools include awareness in~breathing, speaking, eating, walking, seeing, listening, yoga, parenting, nature connection, postures and more!

Gather your group, and begin the wellness journey!  
Includes health inventory.

Tonya guides you to calm your nervous system, and activate your parasympathetic (healing) nervous system state.

\$60/hour minimum

4+ participants

at your location.

Pricing varies. Typically

\$10-\$20/hour/person.



## About Tonya Schmitt, MEd

10+ years  
experience

Tonya loves working with all ages! She has a great deal of experience in healthy aging & youth. She also holds specialty certs in these areas. Her passion is youth, 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 in Biology (SW MN State) and a master's in Life Science (U of MN). Tonya empowers you to thrive where neuroscience and ancient traditional wisdom meet! NAMASTE!

Mindful SOULutions  
River Falls, WI

# Mindful SOULutions



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## Group Services

*Healthier,*  
HAPPIER living!

Body  
Mind  
Soul