

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

Tonya helps you to calm your nervous system and activate your parasympathetic state of healing. Begins with a health inventory, and follows similar steps as health coaching. Tools for bringing your nervous system to optimal health include:

- Postures
- Breathing
- Mindfulness
- Visualization
- Positive Affirmations
- Nature Connection
- & More

Especially helpful for Depression, Anxiety, Parenting, Weight Loss, Trauma, Addiction. Ideally, in conjunction with support group, therapist, etc.

Healing Session

Sessions may include Reiki, Drumming, Essential Oils, Stones, Sound Bath, Myofascial Release, Chanting, Mantra, Qigong, Breathwork, Visualization, Nature & More. Tonya is a Reiki Master, & Mesa Carrier. You decide your level of participation in the session creation. Simply breathe & relax or actively participate.

Visit website for details, including *incredible package deals!*



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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**Therapeutic
 Services**

Healthier,
HAPPIER living!

Body
 Mind
 Soul