

Hearts & Minds Movement

List of Services



A Virtual
Movement Studio

Support
Heart,
Mind,
&
Soul

www.carolynjvalenzuela.com

Breath & Movement Classes

All movement begins with the breath, extend out into a relaxed body, focused on the specific area to be engaged.

Breathwork

Our first act is an inhale, then breathing simply happens

Pilates Mat

Discipline, concentration, and control our well-being

Yoga

Sampling many forms of expressing union

Barre

Precise, intricate, delicate leg and hip movement

Qigong

Appreciate and cultivate vital life force energy

Cardio

Fun and efficient. Walk your way into fitness

Energy Healing

Assist the natural ability to relax with the aid of the additional intention of another. Experience the sensation of a soul hug.

Reiki In-Person

Surrender to Universal Life Energy dissolving obstruction

add

Reiki Distance

Connect and accept Universal Life Energy remotely

add

Reiki Attunement

Addressing specific aches, pains, and blocks

add

Bars

Clear away limited beliefs for unlimited possibilities

add

Wellness Activities

A holistic approach to exercising body, mind, and spirit.

Self-Care Talks

Discussing a variety of modalities

Reiki Circle

Enhancing wellness in Self & others

Reading Circle

Deep dive into pertinent topics

Qigong Playroom

Experiment & explore the flow of Qi

River Walks

An opportunity to be out & about

Seasonal Peace Imagining

Imagine Peace, impress the World

Levels of Access

Consider your fitness goals and availability to determine the level that best suits your needs.

Level 1 - Video Library 5/mo
Breathwork, Movement, Cardio

Level 2 - Live Classes 10/mo
All inclusive Movement & Wellness

Level 3 - P I E add
Zoom & In-person Instruction