

Hearts & Minds  
Movement

Calendar  
of  
Events



A Virtual  
Movement Studio

Support  
Heart,  
Mind,  
&  
Soul

[www.carolynjvalenzuela.com](http://www.carolynjvalenzuela.com)

Movement Classes & Wellness Activities

All movement begins with the breath, extend out into a relaxed body, and focus on a specific area.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8AM Gentle Yoga	8AM Qigong Playroom	8AM Pilates Mat	8AM Chair	8AM Barre or Standing Pilates	8AM Yoga	8AM 1 <sup>st</sup> Open House 3 <sup>rd</sup> Wellness
3PM Walk	3PM Walk	3PM Walk	3PM Walk	3PM Walk	3PM Walk	3PM Walk
	2nd Monday 6:30PM Reiki Circle				9:30AM Reading Circle	

Personal Services

Care for the whole self.

Reiki (Universal Life Energy)

Support your natural ability to relax through releasing obstruction with a hug for the soul.

\$20/hr

Access Bars

Clear away limited beliefs with unlimited possibilities

\$20/hr

Partner Stretch

Have your baseline range of motion measured. Move into a wider range of movement with isometric stretch-

\$20/hr

PIE

Personal Instruction Experience designed to meet your immediate needs.

\$10/½ hr

\$20/hr

Total Access

Virtual classes, events and a dynamic library of movement videos provide a complete fitness regime.

Total Access

10/mo