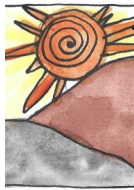


## Hearts & Minds Movement

List of Services



A Virtual  
Movement Studio

Support  
Heart,  
Mind,  
&  
Soul

[www.carolynjvalenzuela.com](http://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 & Meditation

Our first act is an inhale, then breathing simply happens

\*

#### Pilates Mat & Standing

Discipline, concentration, and control our well-being

\*

#### Yoga

Sampling many forms to express union

\*

#### Barre

Precise, intricate, delicate leg and hip movement

\*

#### Qigong

Appreciate and cultivate vital life force energy

\*

#### Fitness Walk

Fun and efficient. Walk your way into fitness

\*

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### Personal Services

Pamper yourself into a wholly relaxed state of being.

#### 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

#### P I E

Personal Instruction Experience designed to meet your immediate needs.

\$10/½ hr

\$20/hr

### 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 Meditation

\*

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### Total Access\*

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

#### Total Access\*

10/mo