

**Hearts & Minds
Movement**

**Calendar
of
Events**



A Virtual
Movement Studio

Support
Heart,
Mind,
&
Soul

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.
(effective January 1, 2022)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8AM Yin	8AM Qigong	8AM Pilates Mat	8AM Yoga	8AM Stretch&Core	8AM Yoga	8AM 1st Open House 3rd Wellness
					9:30AM Reading	
3PM Walk	3PM Walk	3PM Walk	3PM Walk	3PM Walk	3PM Walk	3PM Walk
	2nd Monday 630PM Reiki 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

Assisted Stretch

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

\$20/hr

P I E

Personal Instruction Experience designed to meet your immediate needs.

\$10/½ hr

\$20/hr

Total Access

Virtual classes, wellness events and an evolving library of movement videos provide a complete fitness regime.

Total Access

10/mo