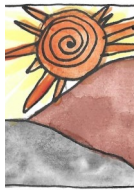


Hearts & Minds Movement

List of Services



A Virtual
Movement Studio

Support
Heart,
Mind,
&
Soul

www.carolynjvalenzuela.com

Breath & Movement Classes

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

Discipline, concentration, and control our well-being

*

Yoga

Sampling many forms to express union

*

Barre (Special Request)

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

*

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

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

Wellness Activities

All aspects of the Self:
body, mind, & 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

*

River Walks

An opportunity to be out & about

*

Seasonal Peace

Imagining Meditation

*

Total Access*

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

Total Access*

10/mo