



Refresh

Your body will thank you!

35 MINUTE SINGLE SESSION,
SCAN QR FOR DETAILS



MAINTAIN YOUR WELLBEING AND
HEALTH WHILE CARING FOR
ANOTHER

Who: Caretakers *and* those managing **age related conditions**

What : Personal coaching that supports healthy movement, and nervous system regulation with mindfulness and gentle movement.

Benefit from Better health and sleep, and less stress on the body so you can be there for yourself and your loved one.

ONLINE AND MOBILE TRAINER, (979) 400-8050