



Services:

What Would Jesus Eat Workshop

Topics include what Jesus ate, the importance of bread and fish, how different we eat today (one hour workshop)

Sugar Shock Workshop

Topics covered include the truth about sugar consumption in the U.S., how sugar influences our body, healthy natural alternatives to sugar (one-hour workshop)

Eat Your Healthy Fats Workshop

Topics covered include what is healthy fat, why do we need healthy fat, foods that are high in healthy fat (one-hour workshop)

Living a Healthy Life Workshop

Topics include the importance of eating living foods, using supplements, exercising, getting sunlight, dealing with negative emotions, and practicing good hygiene (one-hour workshop)

Healthy Feet Workshop

Topics include minimizing foot pain, falling arches, flat feet, strengthening exercises, and how shoes affect our feet (one-hour workshop)

Pelvic Floor Health

Topics include minimizing the effects of a difficult labor, incontinence, developing core strength, and reducing back or pelvic pain (one-hour workshop)

Women's Health Series

Four part women's health series. Each workshop is one hour in length.

Part 1: Soothing your achy-breaky feet! Do you suffer from flat feet, falling arches, or foot pain? We will lead you through exercises, and share tips and tricks that will help alleviate your discomfort and soothe your soles.

Part 2: Ceasing the leaking! Does sneezing, coughing, and jumping cause a little leaking? It is more common than you think. Stress incontinence can be prevented by strengthening your pelvic floor muscles. Join us as we help you reconnect with the muscles that support bladder control.

Part 3: Bolstering your core! Strengthening your lower abdominal and pelvic muscles is essential in reshaping and toning your core. We will lead you through an exercise plan that will firm and build muscle tissue for improved health.

Part 4: Maintaining a healthy back! Are you bothered by lower back pain? By strengthening your back and abdominal muscles, you can safeguard against injury, reduce pain, and prevent chronic backaches.



Chair Holy Yoga Workshop

A two-hour workshop covering the basics of a Chair Holy Yoga class. A mini class and handouts are provided.

Baby Holy Yoga Workshop

An hour and ½ workshops for parents and children under the age of 12 months. This workshop will feature techniques and tips on starting yoga with a baby. A mini class and handout is provided.

Other topics include: back care, shoulders, hips, knees, neck pain, yoga and pregnancy, yoga and Pilates, and exercising while pregnant

I am available to speak to groups within an hour radius of Kellogg, MN. All presentations will be tailored for your group members. Fees vary depending upon group and location.

Please contact me with further questions or to book a workshop today!

Christina Mroz
Health Coach