



What can we do together?



Silent Meditation

Guided Meditation

- Guided visualization
- Mindfulness (Vipassana) meditation
- Loving-kindness (Metta) meditation
- Relaxation meditation
- Focused attention meditation
- Zen meditation
- Mutually-guided or mutually-followed meditation

Breathwork (Pranayama)

Conversation

- Empathetic listening and processing
- Problem solving and strategizing

Physical Training

- HIIT: high intensity interval training
- Bodyweight exercises, calisthenics, and circuit training
- Core training and abdominal workouts
- Free-weight and weight-machine training
- Stretching
- Yoga
 - Gentle, relaxation-based, and restorative yoga
 - Vinyasana (flow) yoga
 - Hatha (physically challenging) yoga
- Balance, stability, and proprioceptive training
- Foam rolling (myofascial release)
- Hot and cold therapy (heating pad/cold compress)

Long-term wellness

- Lifestyle evaluation
- Program design and maintenance
- Goalsetting and categorical tracking
- Memory training with exercises, quizzes, and problems
- Mental health worksheets
- Client-directed training (practice in leading and teaching)

Immediate assistance (technology, school, work, etc)