

SUMMER 2024

WHAT I AM LEARNING

MINDFUL MEDITATION

Mindfulness can be defined as being in the present moment without judgment. Last year, I completed a certification in various types of mindful meditation. I have found both mindfulness and meditation beneficial in creation of resourceful internal states, being more comfortable in my body, being centered in my mind, and enjoying life.

I use mindful meditation as part of **virtual energy therapy** sessions. Please email me at linda.paden@protonmail.com if interested in more details.

SPORTS & HOLISTIC NUTRITION

Every year since 2011, I have done continuing education to enhance my personal training knowledge and experience. This year, I completed training in holistic nutrition consultation and coaching. As allowed by local laws, I offer general nutrition education to my **online personal training** clients.

HERBALISM

Currently, I am working towards the 800 hours of herbal education recommended by herbalist guilds. I am not offering herbal consults or providing any services at this time. I would be interested in knowing how you might like me to share with you in the future. Would you be interested in a book? Do you want to know if I offer herbal consults once I am further along in my skills and training? Let me know how you would be interested in me sharing my knowledge and skills with you!

Coach Linda Paden

lindapaden.com



ONLINE CONSULTATIONS

Not sure where to start? I am currently offering online consultations where we can meet and discuss your needs. Email me at linda.paden@protonmail.com to schedule.

SERVICES

New Client Consultations
Online Pilates & Personal Training
Virtual Energy Therapy
Life Coaching with NLP Specialty

CONTACT

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