

FALL 2024

CONTENT YEAR REVIEW

PILATES AND PERSONAL TRAINING: “HOW WE DO WHAT WE DO” @VirtualPilatesStudio

At my Virtual Pilates Studio, available on YouTube at [@VirtualPilatesStudio](#), there is a “How We Do What We Do” video series. During the short videos, I share thoughts regarding stress, relaxation, breath, lifestyle, and Pilates principles and concepts. I invite you to check it out if it sounds interesting to you! See QR code to side or click link: [@VirtualPilatesStudio](#).



LIFE COACHING WITH NLP SPECIALTY CONTENT @LindaPaden

On my life coaching YouTube at [@lindapaden](#), my content covers highlights about the life coaching process and neuro linguistic programming (NLP) tools. Use QR Code on right side or click link here: [@lindapaden](#) to get to my channel.



ONLINE SERVICES OFFERED

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

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Email me at linda.paden@protonmail.com to get started!

Let me know if this
content blesses you!