

BODY: MOVEMENT MODALITIES

I offer Pilates and personal training sessions throughout the United States. I find that combining both Pilates and personal training in sessions provides options in achieving client's unique fitness goals. As a Pilates instructor certified in both mat and equipment, I teach movements and principles developed by Joseph Pilates which are designed to bring balance to the body. As a personal trainer through the National Federation of Professional Trainers, I help clients achieve their goals in areas like flexibility, strength, endurance, lifestyle, etc. **Could I help you change how your body moves and feels?**

MIND: COACHING & NLP

I offer life coaching throughout the United States. Coaching helped me become more resilient and aware of my subconscious patterns when I faced life challenges, especially when my coaching included the Neuro Linguistic Programming techniques (NLP). NLP means the information collected through our senses (neuro); the language or nonverbal systems (linguistic); and the patterns in our mind (programming). **What life challenge can I help you navigate and move forward with?**

SPIRIT: ENERGY & BREATH

Due to state and local laws, these distance sessions are available to those physically located in either Indiana and Colorado currently. Sessions may include gentle movements, positioning, breathwork, mindful meditation, and distance energy work with the goals of achieving relaxation, self-awareness, and general well-being. **How would you like to be more balanced in your body, mind, spirit, and energy?**

PERSONALIZED ONLINE WELLNESS FOR THE BODY, MIND, AND SPIRIT

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ABOUT ME

I offer services to share my favorite, empowering wellness tools with my clients. Throughout the years, my body, mind, and spirit have faced challenges which lead me to discovering the benefits of many wellness modalities which I now share.

For example, when I was an injured dancer and found Pilates made me feel better. Or, when I faced significant health challenges and discovered neuro linguistic programming and coaching as I moved forward in life.

I offer online services by appointment only for the mind, body, and spirit.

Can I help you add to your own empowering wellness toolkit?