

NAMASTE!

Welcome to Earth and Sky Living! Discover wellness through yoga, Reiki, feng shui, nature programs and storytelling! Life offers much to bring our spirits down, Earth and Sky Living is a way of life that lifts our spirits. Through nurturing body, mind and spirit, we are grounded in the earth, yet can touch the sky. We are the connection between Earth and Sky!



Regular Practice of Yoga can Provide these Benefits (and more!):

- Reduces and relieves tension/stress
- Increases lung capacity
- Increases heart's pumping efficiency
- Breathing becomes more efficient
- Muscular strength is increased
- Range of motion is increased
- Provides healthy stresses on bones, which increases calcification, resulting in stronger bones
- Relaxes and relieves muscles

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We are the connection between Earth and Sky!

Fitness for body, mind, spirit through:

- Yoga
- Reiki
- Feng Shui
- Nature Programs
- Storytelling

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NURTURE YOURSELF

Classes Offered

Gentle Yoga: Breathwork, restful and restorative poses

Center Yoga: Breathwork, gentle and energetic poses

Energy Yoga: Breathwork and energetic, challenging poses

Foundations of Yoga: Basics of yoga poses, philosophy and practice

Family Yoga: Parents and children enjoy light-hearted poses, stories, songs, more

Kids Yoga: Poses, stories, songs and more

Zero Stress Zone: Potpourri of stress-relieving and energy work, including Reiki, chakra balancing, guided imagery

Ebb & Flow Intro to Feng Shui—balancing the energy of home and work

Great Games: Play games inspired by nature that celebrate nature

Native American Stories: Uplifting stories from a variety of Native cultures featuring animal heroes

Much MORE!!

Services

Yoga

Yoga truly is the union of body and breath, so competition is nonexistent. Whether you seek stress relief, flowing movement, a full body workout or family fun, you will find it!

Reiki

This gentle energy work promotes flow and balance on all levels—physical, mental, emotional and spiritual.

Feng Shui

The energy of the home or workplace influences personal energy. Learn to balance spatial energy to encourage harmony in career, family, relationships and more.

Storytelling

Storytelling is an ancient art that offers entertainment and education in a mesmerizing form. Discover laughter, tears, insight, guidance and more.

Nature Programs

Connection with nature helps to energize the spirit, exercise the body and awe the mind. Discover what you've been missing!



About Tonya

Tonya is a Registered Yoga Teacher, Reiki Master Teacher, Mesa Carrier and feng shui practitioner. She is also a trained naturalist and storyteller. She is grateful to have been blessed with a wonderful family that keeps her moving and learning. Tonya cares deeply about people, the Earth and all of its inhabitants. NAMASTE!

For detailed information about fees, dates, times and locations or to schedule, please visit www.earthandskyliving.com or call Tonya Schmitt 715-222-5100.

