



Wellness Offerings

Yoga

Meditation

Mindfulness Practices

Sound Healing with Singing Bowls

Reiki

Ways to Learn

- Corporate classes - weekly, monthly, or special events
- Private one-on-one sessions (in-home, at work, at local venues and yoga studios.)
- Group sessions (yoga studio classes, semi-private sessions, and workshops)
- Professional development for teachers and school administrators

Benefits

- Reduce stress
- Improve sleep
- Increase focus and productivity
- Quiet the mental chatter
- Increase flexibility and strength
- Improve metabolism



Tracy Hart is the founder of Mindful Life On Demand LLC. Through this business she brings yoga, meditation, and mindfulness classes to groups and private students. She is a Yoga Alliance certified yoga instructor in hatha/vinyasa yoga and kundalini yoga, she is trained in sound healing with singing bowls, and she is a reiki master.

To find out more about Tracy and her business visit:

www.MindfulLifeOnDemand.com.