

### List of abilities and trainings

- Zumba Education Specialist (16 years)
- Former Model & Actress (John Casablanca)
- Piano music (11 years)
- Personal Trainer (Functional orientation)
- Life Coach (Coaching HUB)
- Healing Practitioner (Reiki, Theta healing, Triorigin of Mind and emotions)
- Meditation Guide
- Dance Teacher & Movement coach

#### Collaboration fees

1-hour regular group or individual class (\$130 - \$150)

Zumba / Dance Soul / BMS workout/Heal in motion

Master Classes/Workshops

(\$2000 + travel expenses if its necessary)

- 1-hour **Healing Session** (\$90)
- Mini sessions 15 to 30 min (\$45-\$60)
- Mudras and Meditation session (\$90)

(Corporate rates may be stablished according to the necessities).

- Online membership Easy for the Busy(starting march) (\$30 per person)
- Online membership Easy for the Busy for companies who want to give this services to the workers (monthly fee according the amount of people)

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10-30 ($600)
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+30 (\$1200)

+100 (\$2000)

## Description of services

- Zumba: The best dance fitness workout in the World
- **Dance Soul**: Grooving with the rhythm from your soul, choreo will be taught
- BMS: a workout with intention, using exercise to elevate our vibration.
- Heal in motion: 1 hour Dance+workout+meditation.
- Master Class: a special, longer and very high-performance class.
- Workshop: 2 hours of teaching a specific subject.

#### Healing sessions:

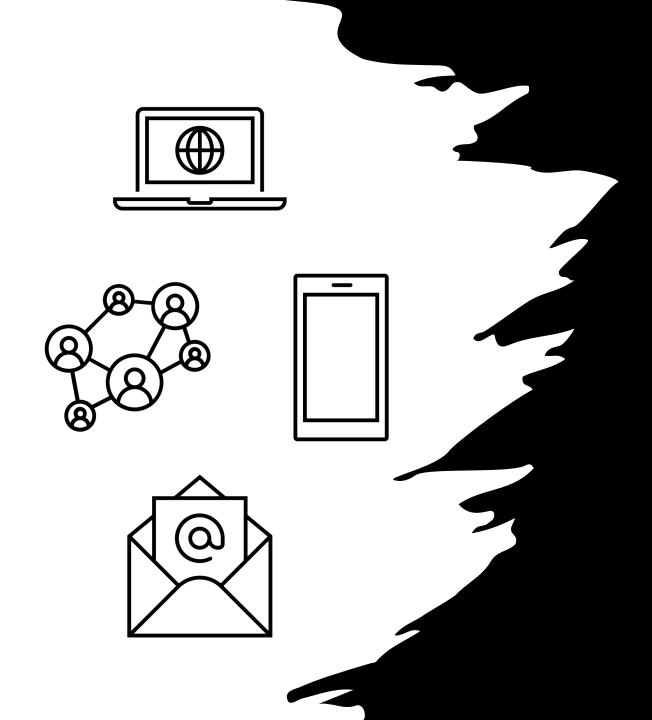
Reiki: energy healing at electromagnetic field level.

**Theta Healing**: theta waves power may transform subconscious limitations.

**Mudras and Meditation**: using Triorigin-4 universal forces awareness and emotional harmony.

**Customized healing**: it will be a combination of techniques depending the necessities of everyone.

• Easy for the Busy program: includes mini sessions of Dance fitness, Functional workouts, Meditation and Coaching guide with the purpose of simplifying amazing tools for busy people. Little steps to create good healthy habits preventing illnesses that may stop your Life purpose.



# Contact Betsy

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