



Move, Breathe THRIVE



ON-SITE

STRESS RELIEF AND WELLNESS FOR:

- **NONPROFIT ORGANIZATIONS**
- **FIRST RESPONDERS (FIREFIGHTERS, POLICE, EMS)**
- **HEALTHCARE WORKERS**
- **TEACHERS AND SCHOOL STAFF**
- **CORPORATE AND ADMINISTRATIVE TEAMS**
- **MARTIAL ARTISTS AND PHYSICALLY INTENSE ROLES**
- **FACILITY AND OPERATIONS STAFF AND MORE!**



Who am I:

As a certified Group Fitness and Personal Trainer with expertise in yoga, functional movement, and H.I.I.T, I specialize in helping teams reduce stress, increase focus, and improve their overall well-being.



What I offer:

Tailored group movement classes designed for high-stress professions. On-site sessions, making it easy to prioritize health at work. Breathe work, meditation, yoga and more!



Benefits:

- Stress relief and better coping skills.
- Improved focus and productivity.
- Enhanced physical and mental well-being.
- Team-building and morale boosting.



Book Now
313-242-7153



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Exclusive Subscription Preview



THE BEDSIDE ALTAR

BED YOGA, CRYSTALS, AND CALM

With LaNika of
Aura VibeZ Studios

Create a sacred ritual in your favorite place to relax your bed. Join me for gentle bed yoga flows, Meditation, breathwork, bedside altar rituals, guided journaling, book recommendations, intention jar features, and more. Pour into your own cup with a calming routine designed to slow you down, nurture your spirit, and bring peace to your evenings and mornings.

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