

MINDFUL WAY STUDIO

Ageless Living

Movement, Wellness and Care for Older Adults

STRONGER
HAPPIER
BRIGHTER
TOGETHER

A facility partnership for independent living,
assisted living and active adult communities.

*Movement
Creates
More
Living*



Ania Haas, M.S. | NASM Certified Senior Fitness Specialist | Mokena, IL

A More Vibrant Way to Age

Older adults deserve more than a crowded exercise class or another item on an activity calendar. They deserve programming that helps them feel capable in their body, calm in their mind, connected to one another and genuinely cared for.

Mindful Way Studio is a boutique wellness sanctuary in Mokena where movement, recovery, therapeutic care and inner wellbeing come together. This partnership brings that same personal, thoughtful standard directly to your residents.



MOVE

Strength and confidence



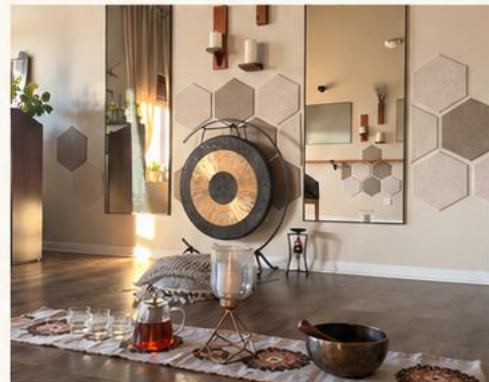
RESTORE

Care for body and mind



BELONG

Connection that lasts



*Movement
Creates
More
Living*

What Ageless Living Creates

A reliable rhythm of movement, restorative care and social connection that residents look forward to—and that your community can proudly share with families.

Physical vitality

Strength, mobility, balance, coordination and confidence in everyday movement.

Emotional wellbeing

Mindful movement, relaxation, dignity, joy and a greater sense of agency.

Community life

Shared routines, conversation, friendship and a reason to participate.

Ageless Adult Fitness

A consistent, adaptable movement program for residents who want to maintain strength, balance, mobility, independence and confidence in everyday life.

Sessions are 60 minutes and can be chair-supported, standing or blended. For quality, safety and personal attention, the preferred active group size is up to 12 residents; a smaller group may be recommended for residents needing closer support.



MOVEMENT BUILDS COMMUNITY



SUPPORTING INDEPENDENCE



MOVE • BREATHE • BELONG

OUR PROGRAM INCLUDES



Stronger Every Day

Functional strength, posture, stability and practical movement for daily life.



Balance and Confidence

Steadiness, coordination, fall-awareness and trust in the body.



Mobility and Restore

Joint mobility, gentle stretching, circulation and recovery.



Chair Yoga and Mindful Movement

Accessible movement, breath, relaxation and calm.



Brain Body Connection

Hands-and-feet coordination, attention, memory and playful movement challenges.

STRONGER
HAPPIER
BRIGHTER
TOGETHER

*Movement
Creates
More Living*

PEOPLE
PRACTICES
PLACES
POSSIBILITIES

Ageless Wellness Partnership

Movement plus the care residents feel

The full partnership combines Ageless Adult Fitness with a monthly wellbeing experience that helps your community create a culture of vitality, calm and belonging.

*Wellness
Belongs
at Every
Age*



*Space to breathe.
Tools to thrive.
A community to belong to.*



Wellness Circle themes may include



Mindful movement, breath and guided relaxation



Sleep, stress, nutrition, mobility or confidence education



Seasonal reflection, social connection and meaningful conversation



Gentle meditation, sound-rest or restorative wellbeing practices



This is not simply fitness with an extra class. It is a visible resident-life initiative that supports participation, dignity and the feeling that life still has room to expand.



Included every month



Consistent on-site movement programming, one 60-minute Wellness Circle, tailored theme planning, simple facility coordination and a brief participation and engagement recap.

The Mindful Way Difference

Why partner with us

STRONGER
HAPPIER
BRIGHTER
TOGETHER

Real people. Real connection. A higher standard of care
for a more vibrant tomorrow.

*Movement
Creates
More
Living*



Small groups, personal attention

Residents are seen, encouraged and offered modifications—not asked to keep up with a one-size-fits-all class.



Senior-specific expertise

Program design supports strength, balance, mobility, coordination and the practical movements of daily life.



Whole-person wellness

Fitness, mindfulness, recovery, beauty care and meaningful connection can live under one thoughtful partnership.



Founder-led care

Ania Haas brings an M.S. in Psychology, Board Certification in Coaching, massage-therapy experience and NASM Senior Fitness Specialist training.



MEET OUR FOUNDER

Ania Haas, M.S.

NASM Certified Senior Fitness Specialist

"I believe in the power of movement, community and compassionate care to help every person feel stronger, more confident and more alive at any age."

— Ania

Important care boundary

Ageless Living is an enriching, nonclinical wellness program. It is not physical therapy, medical treatment or a substitute for physician-directed care. Participation is adapted to each resident's comfort and facility guidelines.

Movement Creates More Living

STRONGER
HAPPIER
BRIGHTER
TOGETHER

Choose Your Partnership

Three ways to begin

*Movement
Creates
More
Living*

All pricing is per facility, per month, and includes program planning, local travel, portable equipment, class delivery and basic monthly coordination.
Specialty services are added separately.

Program	3-month launch	6-month partnership	12-month signature
Ageless Adult Fitness 1 class weekly	\$695/mo	\$645/mo	\$595/mo
Ageless Adult Fitness 2 classes weekly	\$1,195/mo	\$1,125/mo	\$1,045/mo
Ageless Wellness 2 fitness classes weekly + Wellness Circle	\$1,495/mo	\$1,395/mo	\$1,295/mo

Recommended first step

Ageless Living Founding Community Pilot — \$2,985 total.

A 90-day launch with two weekly fitness classes, one monthly Wellness Circle and a resident welcome experience.

A clean, measurable way to introduce the program before committing longer-term.



Make Wellness Visible

Specialty experiences

Add occasions of care that residents remember—and that families notice.



Six- and twelve-month partners receive preferred access to specialty dates and 10% off specialty experiences.

WELLNESS
CONNECTION
JOY
BELONGING
BRIGHTER
TOGETHER

OFFERING	DURATION	INVESTMENT	INCLUDES
 Chair Massage Day	2 hours	\$275	Up to 8 residents; 15-minute seated sessions
 Chair Massage Day	3 hours	\$375	Up to 12 residents; 15-minute seated sessions
 Mini Facial and Hand Care Day	—	\$495	Six residents; 25–30 minute gentle facial ritual
 Guided Rest or Sound Experience	—	\$250+	45–60 minutes for a resident group
 Family or Staff Wellness Event	—	\$450+	A tailored, meaningful community experience

*Meaningful moments
create a more vibrant tomorrow.*



Let Us Create Your Resident Wellness Rhythm

PEOPLE
PURPOSE
MOVEMENT
COMMUNITY

Every community is different. We begin with a short conversation about your residents, activity goals, available space, preferred schedule and the kind of experience you want families to feel when they walk through your doors.

Healthier
Happier
More
Connected
Lives



A thoughtful beginning

We can begin with an on-site introductory class, a leadership discovery call, or the 90-day Founding Community Pilot. Together, we will build a program that feels natural to your residents and meaningful to your community.



A more vibrant way to age starts with the right partnership.

Mindful Way Studio
Move. Heal. Awaken. Belong.

MOVEMENT
CREATES
MORE

11600 Francis Rd, Unit C-2, 1
(708) 252-3015 | mindfulwaystudio.com

ania@mindfulwaystudio.com