

mk MONICA & KENDALL

MEDIA KIT



PSYCHEDELIC YOGA | RETREATS |
BREATHWORK | REIKI

mk

MONICA & KENDALL

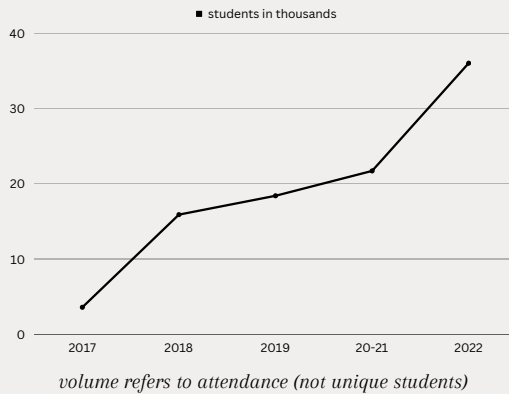
Co-Founders of Ohm & K Mindheart Creative, bringing forth a wealth of wisdom from over 13 years dedicated to yoga, mindfulness, and holistic well-being. Together, they are catalysts for positive change, guiding individuals towards a path of holistic growth and inner radiance.

Their classes are sprinkled with wisdom teachings, raw life expression, and humor that reflect their life journey and passion for teaching. They consciously create environments conducive for introspection, self-expression, and transformation.



Demographics & Statistics

Women 73%
Men 27%
USA 86%



5.9K

EMAIL
SUBSCRIBERS

50%








EMAIL
ENGAGEMENT
RATE

3.5K

WEBSITE
UNIQUE VIEWS

#loveyourbodychangeyourmind #sweatyourheartout

Services

-  Vinyasa Yoga
-  Stability Yoga
-  Yin Yoga
-  Yoga Nidra
-  Advanced Yoga
-  Psychedelic Breathwork
-  Reiki

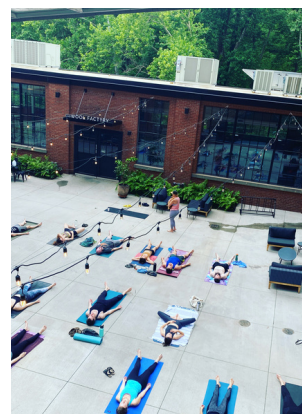
Connect

Instagram: @ohm_and_k

YouTube: @-MandK

Website: www-mk.com

Email: mindheart@www-mk.com





Highlights

200 & 300 HOUR YOGA PROGRAMS

2018 - 2024 Presenters

8 - 200-hr Advanced Yoga Studies:

- The Elements Service Leadership
- Hot House Yoga RVA

2 - 300-hr Master Yoga Studies

- Ohm & K Mindheart Creative

1- 200-hr Psychedelic Yoga™ Studies

- Ohm & K Mindheart Creative

THE BEST SUNDAY EVER™ SERIES

2020 - 2024

- Star Hill Brewery - Charlottesville
- Chisholm Vineyards - Charlottesville
- The Wool Factory - Charlottesville
- Balanced Brunch - Whitewater Center CLT

STUDIO PROGRAMING *Classes & Workshops*

'12-'24 Hot House Yoga RVA

- All Level Classes

Stability, Advanced Stability, Vinyasa, Advanced Vinyasa, Yin, Nidra

'16 - '22 The Elements Hot Yoga & Wellness

- All Level Classes

Stability, Advanced Stability, Vinyasa, Advanced Vinyasa, Yin, Nidra

- Ayurveda Reset | The Science of Joy | Flight Club | Hips Don't Lie | Satsang
- '17 Collab with Druminyasa & Lululemon
- '18 Earth Hour with Druminyasa and Chip Staples
- '22 Collab w/ Austin Shook - 420 Soundbath & Yoga Nidra

'24 Elevated Living

- All Level Classes

Stability, Advanced Stability, Vinyasa, Advanced Vinyasa, Yin, Nidra

NUDASANA

2021-2022

Nudasana



Highlights

FESTIVALS

2019-2024

'19-'24 Floyd Yoga Jam Festival, VA

- Psychedelic Breathwork
- Light Your Fire
- Journey Through the Chakras

'23 The Om Festival, VT

- Psychedelic Breathwork
- 420 Yoga Nidra

'23-'24 Flowfest, NC

- Psychedelic Breathwork
- Level 2 Intro

'24 Tuck Fest, NC

- Fun Flow
- Slow Flow

RETREATS

2022 - 2024

- '22 Amor Eterno, Oaxaca MX
- '23 Rewild & Recenter, San Pancho MX
- '23 The Heart of the Unknown, Mazunte MX
- '24 New River Yoga Retreat, New River, WV
- '24 Harmonic Flight, POstugal

WORKSHOPS

2013-2019

- Virginia Museum of Art - Saturday Yoga Series
- 8 Limbs of Yoga Workshop @ Hot House Yoga RVA
- Graceful Resilience Workshop @ Hot House Yoga RVA

2023

- Inversions Overhaul @ Hot House Yoga Midlothian
- BE DO WIN Institute Symposium, Strategic Mindfulness
- Inversions Overhaul @ Hustle/Haven
- 300 hr Master Yoga Program @ Hot House Yoga RVA

2024

- Harmonic Flight | New Years @ Hustle/Haven



Jamie Schwartz
19 reviews · 3 photos



★★★★★ 10 months ago

The instructors are amazing and Monica and Kendall are the most attentive, caring people on the planet! From helping with yoga poses to questions about technique, aruveyda, mindset and everything in between, I cannot say enough about them! It is such a joy to be a part of the elements community and my soul is so thankful that a place like this exists! I feel stronger, happier and healthier than ever since joining! Thank you for sharing space with everyone who comes through your doors! What a gift!



Because you guys are the BOMB

Cari T.



Jenny X
6 reviews · 4 photos



★★★★★ 5 years ago

This is a terrific hot yoga studio. The owner/teachers, Kendall and Monica, are nurturing, challenging, and have good senses of humour. The instructors and the studio space are welcoming. They adjust the colors of the LED lights based on the class and the music. The studio is kept scrupulously clean with cutting edge air filters and the like so there is no off-putting gym smell. The clientele is a mixture of yogis and newbies, and I'm more of a newbie. If I can't get into a pose or lose my balance I don't feel self conscious here. Each class closes with a cool lavender scented towel being placed on your forehead - I walk away feeling relaxed, energized and rejuvenated. Highly recommended.



Monica's such a great teacher. I learn something new every time

Lea R.



Because I love you 🥰

Sexton S.



Jane Howard
15 reviews



★★★★★ a year ago

Positive: Communication, Professionalism, Quality

Monica and Kendall are awesome yoga guides! Their classes are fun and educational. I love the joyful energy. I am grateful they share their love and knowledge of yoga. Keep making the world a better place 🧡🙏



Because I felt welcome & valued, and the class was excellent.

Michael S.



Monica and Kendal are fantastic. Everyone was so nice, awesome, peaceful and beautiful. Thanks

Wes C.



Compassionate skillful teacher with beautiful presence.

Liz F.



Guidance through the postures were on point- thanks Kendall

Colette J.



Kendall and Monica were very welcoming and the class was outstanding!

Eileen F.



Kendalls patience and professionalism are stellar . He points out my mistakes with gentle correctness and is eager to praise achievements.

Eric L.



Kendall and Monica are the perfect instructors for hot yoga because of their elegant balance between masculine and feminine energy. The pace they set is amenable to all; challenging to yogis yet welcoming to newbies. They make all bodies feel safe and welcome, all genders feel honored. Their instruction and expertise is clearly well-seasoned. WOULD RECOMMEND!

Andrea H.