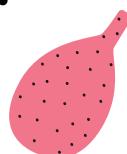




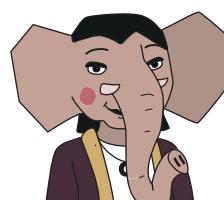
Instinctual Fitness



Ren



Art



Mandana



Hera Fitness



Store

This is our House...



Art Therapy

Dotfeel House



Wellness





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**A Journey of Self-Discovery
Through
Movement & Creativity**

Our Journey

Dotfeel House, brought to life by Mandana and Ren, is all about blending wellness and art in the most unique ways. Ren, our Mindful Fitness coach, helps you tune into your body and emotions, leading you on a journey of self-discovery and personal growth. It's all about recognizing your patterns and strengthening your mental and physical abilities in a fun and engaging way. On the flip side, we have Mandana, whose artistic soul brings life to exclusive designs on pottery, walls, jewelry, and more. Her creations are inspired by her personal experiences and emotions, making each piece a unique story. Together, Ren and Mandana have created a space where art and wellness intersect, helping you grow and flourish in every aspect of life. Welcome to Dotfeel House!



Vision

Dotfeel House is an art and wellness space where movement and artistic expression come together. Its vision is to provide a home for self-discovery through mindful fitness, art, and handcrafted designs. By blending physical well-being with creativity, Dotfeel House encourages people to connect with themselves and others in a meaningful way. The space offers wellness programs, art workshops, and a store featuring unique handmade pieces.

Mission

Social Responsibility

For Businesses (B2B)

A mindful body enhances workplace performance, strengthens team dynamics, and improves customer relations.

For Individuals

Strengthen body & mind, unlock creativity, and develop self-awareness.

For Governments (B2G)

Community wellness through accessible fitness & art programs, fostering a healthier, more engaged society.



Art

Unlock your creativity through our innovative art workshops where we help individuals connect with their instincts, express their emotions, and turn creativity into growth.

Wellness

Through empowerment, meditation, and self-discovery, transform your body, emotions, and awareness.



Wellness Services



Instinctual Fitness

A personalized journey into inner strength and emotional awareness through:

- Instinctive Couples & Supporter – Strengthen connections
- Anima & Animus Courage Test – Balance inner energies
- Warrior Man Challenge – Awaken resilience

Hera Fitness

Movement-based couple sessions to build trust, deepen connection, and communicate through motion.



Mindful Fitness

A blend of fitness, therapy, and play:

- Group therapy through movement
- Stress relief via play therapy
- Body-mind coordination training



Wellness Services



Fitness & Meditation

High-energy fitness meets deep mindfulness:

- Dynamic meditation & body scans
- Sensory coding for body-mind integration

Fitness & Selves

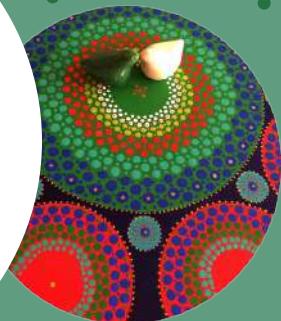
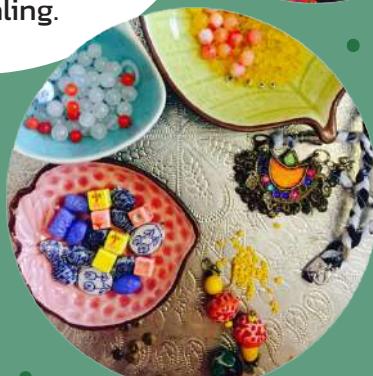
Discover your inner warrior, child, leader, or supporter through targeted exercises for personal empowerment.



Art Services

Art Therapy

Through our art therapy workshops, free your soul through artistic self-expression. Transform emotions into colors, shapes, and creative energy. Guided by self-compassion, these sessions foster personal growth and healing.



Products

We offer a variety of local, unique, handmade, and artistic products ranging from one of a kind custom-designed pieces of clothing, home decoratives, beaded jewelry to paintings and more.



Contact us



dotfeelhouse.com



+1 (778) 990 3335



info@dotfeelhouse.com



North Vancouver, BC
By Appointment Only

Scan to connect or email us to book your visit.





"The Beloved is right here, come."
Rumi

