



Wellness & Art

A Journey of
Self-Discovery
Through
Movement & Creativity



www.dotfeelhouse.com

Let's Stay Connected

Transform your body, mind, and creative potential with Dotfeel House. We're here to help you embrace your journey of wellness and art.

Website: www.dotfeelhouse.com

Email: info@dotfeelhouse.com

Scan the QR Code: For more information, programs, and updates.



Join us today—your canvas awaits!

Dotfeel House is a space where movement meets mindfulness and art meets self-expression. We offer:

Mindful Fitness –

Transform your body, emotions, and awareness



Art Services –

Explore creativity and self-discovery Through our innovative programs, we help individuals connect with their instincts, unlock potential, and turn creativity into growth



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



Experience meditation, empowerment, and self-discovery.

Our Journey: The Dotfeel Co-Founders

Dotfeel House, brought to life by Ren and Mandana, 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!



Social Responsibility

For Businesses (B2B)

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

For Governments (B2G)

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

For Individuals

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

◆ 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



◆ 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

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. "The Beloved is right here, come." – Rumi

