

monday	tuesday	wednesday	thursday	friday	saturday	sunday
vinyasa 6:00-7:30am nattika detskultorn	power vinyasa 6:00-7:30am shaney aalbers hatha 8:00-9:15am heather becket vinyasa 9:30-11:00am pam blair	vinyasa 6:00-7:30am sarah robinette	power vinyasa 6:00-7:30am shaney aalbers hatha 8:00-9:15am heather becket vinyasa 9:30-11:00am pam blair	vinyasa 6:00-7:30am sarah robinette	power vinyasa 8:00-9:30am nikki weaver vinyasa 10:00-11:30am nattika detskultorn	vinyasa 8:30-10:00am sarah robinette power vinyasa 10:30-11:30am rachel davidson
vinyasa 12:00-1:15pm chia rafelson the qi workout 4:00-5:00pm daniel espritu power vinyasa 5:30-7:00pm shaney aalbers hatha 7:15-8:45pm kate sanderson	hatha 12:00-1:15pm jay fields pilates 4:15-5:15pm kim reis vinyasa 5:30-6:45pm nattika detskultorn yin 7:15-8:45pm monica rudestam	pilates 12:00-1:00pm renata jarvi power vinyasa 4:00-5:00pm jill allen hatha 5:30-6:45pm jay fields vinyasa 7:15-8:45pm daniel flynn	hatha 12:00-1:15pm jay fields pilates 4:15-5:15pm kim reis power vinyasa 5:30-6:45pm nattika detskultorn rotating thursdays starting at 7:30pm 1st - qigong 2nd - rhythm yoga 3rd - the qi workout 4th - yoga vibes	vinyasa 12:00-1:15pm chia rafelson power vinyasa 4:00-5:00pm jill allen vinyasa 5:30-6:45pm daniel flynn yin 7:15-8:30pm suniti dernovsek	pilates 12:00-1:00pm renata jarvi yoga fundamentals 1:30-3:30pm every 1st saturday hatha 4:00-5:30pm monica rudestam	hatha 12:00-1:30pm kate sanderson restorative 4:00-5:30pm sarah robinette

root whole body

~northeast portland

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rootwholebody.com

ROOT

services & pricing all services include sauna & tea at time of visit

movement classes yoga, pilates, qigong

drop-in class	\$17	5 visits	\$75	new students	\$49/first month
drop-in sauna	\$17	10 visits	\$130	6 months unlimited	\$125/mo
		20 visits	\$240	1 month unlimited	\$140/mo

Valid for 6 months and activated upon purchase.

therapeutic massage

60-minute	\$85	90-minute traditional thai	\$135
90-minute	\$125	120-minute traditional thai	\$165

packages

60-minute 4-pack || \$320

90-minute 4-pack || \$480

skin our skin nutrition facials feature Eminence Organics, the first and only certified organic skin care line from Hungary, with the highest level of active ingredients found in nature.

60-minutes	\$85	60-minutes with LED	\$135	enzyme peel	\$55
90-minutes	\$125	90-minutes with LED	\$175	lip & eye add-on	\$25
				skin consultation	\$25

non-surgical skin restoration therapies

led light therapy 6-session series || \$300

additional single session || \$55

wellness

acupuncture / chiropractic / naturopathic / detoxification || please call for details

private instruction

private, 1 hour	\$85	10 visits	\$75/session
2 people	\$65/person	10 visits	\$55/session/person
3 or more	\$45/person	10 visits	\$35/session/person

trial package introductory sampler for first-timers || \$95

two weeks unlimited movement, choice of 60-minute massage or organic facial and a 30-minute wellness consultation.

memberships

includes complimentary sauna & tea at time of service and 10% off all regular-priced services and purchases, except food, drink and gift certificates. Six month minimum. Prepay for one year for an additional 10% off.

basic movement	\$125/month	Unlimited movement (yoga, pilates, qigong)
basic massage	\$79/month	60-minute massage per month
basic skin	\$79/month	60-minute organic skin nutrition facial per month
basic wellness	\$179/month	Unlimited movement + choice of service per month
whole body wellness	\$250/month	Unlimited movement + choice of two services per month

Weekdays 6 am - 9 pm || Weekends 9 am - 6 pm

24 hour scheduling at rootwholebody.com