



whole body

class schedule || spring / summer

class descriptions, instructor bios and online class registration are available at rootwholebody.com

monday	tuesday	wednesday	thursday	friday	saturday	sunday
vinyasa 6-7:30am nattika detskultorn	power vinyasa 6-7:30am shaney aalbers	vinyasa 6-7:30am sarah robinette	power vinyasa 6-7:30am shaney aalbers	vinyasa 6-7:30am sarah robinette	power vinyasa 8-9:30am nikki weaver	vinyasa 9-10:30am sarah robinette
power vinyasa 9:00-10:30am joel schudde	vinyasa 9:30-11am pam blair	power vinyasa 9-10:30am shaney aalbers	vinyasa 9:30-11am pam blair	power vinyasa 9-10:30am joel schudde	vinyasa 10-11:30am pam blair	hatha 11am-12:30pm daniel flynn
vinyasa 12-1:15pm meghan bowen	hatha 12-1:15pm jay fields	vinyasa 12-1:15pm chia rafelson	hatha 12-1:15pm jay fields	vinyasa 12-1:15pm daniel flynn	pilates 12-1pm renata jarvi	workshops @ rootwholebody.com
pilates 4:15-5:15pm kim reis	pilates 4:15-5:15pm renata jarvi	workshops @ rootwholebody.com	workshops @ rootwholebody.com
power vinyasa 5:30-7pm shaney aalbers	vinyasa 5:30-6:45pm nattika detskultorn	hatha 5:30-6:45pm jay fields	power vinyasa 5:30-6:45pm nattika detskultorn	vinyasa 5:30-6:45pm chia rafelson	hatha 4:15-5:45pm monica rudestam	restorative 4:15-5:45pm sarah robinette
hatha 7:15-8:45pm kate sanderson	yin 7:15-8:45pm monica rudestam	restorative 7:15-8:45pm meghan bowen	rotating events starting at 7:30pm rootwholebody.com	yin 7:15-8:30pm kate sanderson

root whole body

~northeast portland

2526 ne 15th, portland, or 97212

tel 503.288.7668 || fax 503.288.8972

rootwholebody.com

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services & pricing

all services include sauna & tea at time of visit

movement classes yoga, pilates

drop-in class	\$17	5 visits	\$75
drop-in sauna	\$17	10 visits	\$130
community drop-in	\$9	20 visits	\$240

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

add-ons and packages

hot stone || \$25 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	90-minutes	\$125
enzyme peel	\$55	30-minute consultation	\$25

lip & eye care add-on || \$25

non-surgical skin restoration therapies

led light therapy 6-session series || 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, organic facial or wellness service 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 massage	\$79 / month	60-minute massage per month
basic skin	\$79 / month	60-minute organic skin nutrition facial per month
basic movement	\$125 /month	Unlimited movement (yoga, pilates, nia, qigong)
basic wellness	\$179 / month	Unlimited movement + choice of service per month
whole body wellness	\$250 / month	Unlimited movement + two services per month

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