

2526 northeast 15th avenue portland, oregon 97212
telephone . 503 . 288 . 7668
www.rootwholebody.com

ROOT
whole body health

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

memberships

trial package = \$95/month

an introductory sampler perfect for first-timers that includes:

- + 2-weeks of unlimited movement
- + choice of 60-minute massage or 60-minute organic facial
- + 30-minute complimentary wellness consultation

unlimited movement membership = \$99/month

+ unlimited yoga classes

wellness membership = \$79/month

choice of wellness services (you may change your choice of service each month based on your preference) Non-insurance appointments only. First, extended new patient intake appointment subject to additional fees.

- + massage (60-minute) + acupuncture (60-minute)
- + organic facial (60-minute) + chiropractic (30-minute)
- + meditation therapy (60-minute) + nutrition (60 minute)

whole body membership = \$159/month

choice of wellness service + unlimited yoga classes (you may change your choice of service each month based on your preference). Non-insurance appointments only. First, extended new patient intake appointment subject to additional fees.

individual services (a la carte)

sauna

- + drop – in sauna - \$17

movement classes

- + drop – in class - \$17

massage

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

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 – minute - \$85 add – on to your session:
- + 90 – minute - \$125 + LED - \$25
- + 30 – minute single session LED - \$55 + lip & eye treatment - \$25

holistic health

root's holistic health clinic emphasizes the prevention, treatment, and optimal health through the use of natural and therapeutic methods and medicine that encourage an individuals' inherent self-healing process. Our clinic is anchored by ancient healing modalities of acupuncture, chiropractic, naturopathic, nutrition and meditation – and includes modern and traditional, scientific, and empirical methods.

- + New patient intake appointments (60-90 minutes, depending on practitioner)
- + Follow-up appointments (15-60 minutes, depending on needs)
- + Complimentary consultation with any specific practitioner (15 minutes)
- + Complimentary 360 degree wellness consultation for information on overall health approach (30 minutes)

please call for details or visit rootwholebody.com for pricing and scheduling of appointments
weekdays 6am – 9pm, weekends 8am – 6pm
24 hour scheduling available at rootwholebody.com



whole body health

class schedule || spring/summer

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

monday	tuesday	wednesday	thursday	friday	saturday	sunday
vinyasa 6:00 - 7:30 am sweethome teacup	power vinyasa 6:00 - 7:30 am shaney aalbers	vinyasa 6:00 - 7:30 am sarah robinette	power vinyasa 6:00 - 7:30 am shaney aalbers	vinyasa 6:00 - 7:30 am sarah robinette	power vinyasa 8:00-9:30 am dr. brenda ku	vinyasa 8:30 - 10:00 am sarah robinette
power vinyasa 9:00-10:30 am karen lerner	vinyasa 9:00 - 10:15 am elona landau	power vinyasa 9:00 - 10:30 am shaney aalbers	vinyasa 9:00-10:15 am elona landau	hatha 9:00 - 10:30 am karen lerner	vinyasa 10:00 - 11:30 am nathan mills	power vinyasa 10:30-11:45 am ian tagge
vinyasa 12:00-1:15 pm jill case	hatha 12:00-1:15 pm nathan mills	foam roller 12:00 - 1:00 pm dr. brenda ku	hatha 12:00-1:15 pm nathan mills	vinyasa 12:00-1:15 pm jill case	hatha 12:00 - 1:15 pm karen lerner	hatha 12:00-1:15 pm elona landau
....	group acupuncture 1:30-3:30 pm jon conant	yoga basics clinic 1:30 - 3:30 pm <small>1st Saturday/month pre-registration suggested</small> jill case	group acupuncture 1:30- 3:30 pm sasha melendez
meditation 5:00-5:30 pm kat lui	hatha 4:00-5:15 pm nathan mills	group acupuncture + meditation 3:00-5:00 pm kat sasha	power vinyasa 4:30 - 5:30 pm tina oliva	vinyasa release 4:00-5:30 pm matt nelson	restorative 4:00- 5:30 pm sarah robinette
power vinyasa 5:45 - 7:15 pm shaney aalbers	vinyasa 5:45 - 7:00 pm chia rafelson	power vinyasa 5:45 - 7:15 pm tina oliva	vinyasa 5:45 - 7:00 pm chia rafelson
hatha + restorative 7:30 - 8:45 pm matt nelson	meditative yin 7:30 - 8:45 pm tina oliva	hatha + restorative 7:30 - 8:45 pm matt nelson	meditative yin 6:00-7:30 pm tina oliva