

Rooted Movement Class Options

- **Vinyasa Flow** — A dynamic, flowing practice that builds strength, improves flexibility, and energizes the body through breath and movement.
- **Chair Yoga** — A gentle, accessible class that supports mobility, balance, and relaxation using seated and supported movements.
- **Gentle Yoga** — A slow-paced practice designed to ease tension, improve flexibility, and create calm in the body and mind.
- **Stretch & Restore** — A relaxing session focused on releasing tight muscles, improving flexibility, and restoring balance through deep stretching.
- **Light Strength Training (Bodyweight & Optional Dumbbells)** — A low-impact class that builds strength, supports endurance, and enhances overall movement with simple exercises.
- **Guided Walking Sessions** — A mindful, low-impact option that supports heart health, reduces stress, and encourages consistent, everyday movement.

Pricing

\$17 per class | \$60 (4-Class Bundle)

Intro Offer: First online class \$12 (new participants)

Rooted Movement includes yoga, walking, and strength-based options to support your full wellness journey.