

Rooted Yoga & Wellness - Spokane

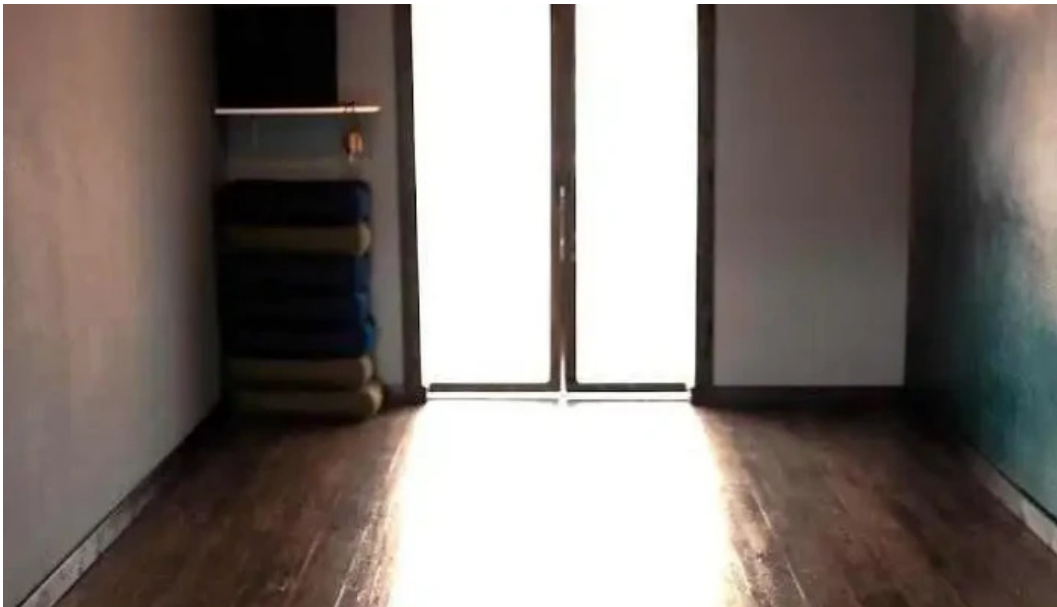
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Rooted Yoga & Wellness - Spokane

Welcome to Rooted Yoga & Wellness in Spokane, Washington

Rooted Yoga & Wellness is not just a yoga studio; it's a sanctuary for personal growth and well-being. Located in the heart of Spokane, this veteran-owned establishment offers a range of services and amenities tailored to meet the needs of its diverse clientele.

Online Classes and Accessibility

During the pandemic, many found solace in Rooted Yoga's ****online classes****. As one satisfied customer shared, they were able to practice from the comfort of

their home, benefiting from the **generous and affordable offering** provided by instructors Travis and Kolbie. This flexibility has made yoga accessible for many, ensuring that everyone, regardless of their schedule or location, can enjoy the transformative power of yoga.

Service Options and On-Site Amenities

Rooted Yoga stands out for its **personalized service options**. Each practitioner is met where they are in their journey, with classes designed to meet individual needs. From outdoor yoga sessions to morning practices, there's something for everyone. The studio also features a **wheelchair-accessible car park**, allowing individuals of all abilities to participate in classes comfortably. In addition, the studio offers **on-site services** such as sauna sessions paired with cold plunges, which have proven to improve physical and mental well-being significantly. One participant noted, "I noticed a tangible improvement in my well-being, both physical and mental, over the course of the program."

Planning and Appointments

At Rooted Yoga, planning your journey is essential. While **appointments are recommended**, the welcoming atmosphere ensures that newcomers feel right at home. As one reviewer put it, "This class/studio is for everyone, no matter what your experience level is."

Community and Environment

The ambiance of Rooted Yoga fosters a sense of community, making it a place where friendships blossom. With **toilet facilities** available and an overall welcoming environment, clients often describe the studio as a "hidden gem" in Spokane. One patron expressed gratitude for the intimate setting, stating, "We received a lot of welcomed guidance in our postures." Moreover, the passionate owners and instructors, Travis and Kolbie, embody the spirit of community and mindfulness. They emphasize the importance of connection, not just to yoga but to oneself and each other.

Culinary Connection: Nearby Restaurant

After a rejuvenating yoga session, why not enjoy a meal at a nearby **restaurant**? Rooted Yoga's location makes it convenient for participants to unwind and nourish themselves after classes.

Conclusion

Rooted Yoga & Wellness is a testament to what a yoga studio should be—accessible, community-focused, and deeply personal. Whether you're a seasoned yogi or a complete newcomer, you will find a class tailored to your needs. Join this vibrant community today and embark on a journey toward self-discovery and wellness.

The business is situated at

3308 N Crestline St, 99207 Spokane, Washington - United States (US)

The phone number of this **Yoga studio** is +1360-561-4625

And if you want to send a WhatsApp, you can do so at +1360-561-4625

Our business hours are:

Day	Hours
Monday	7?AM–5?PM
Tuesday	7?AM–5?PM
Wednesday	7?AM–5?PM
Thursday	9?AM–5?PM
Friday	Closed
Saturday	7?AM–5?PM
Sunday	7?AM–5?PM

The website is Rooted Yoga & Wellness

If you wish to change any element that you consider is not precise related to this portal, please send us a message so we can we will handle it as soon as possible. Thank you in advance thank you very much.

Images



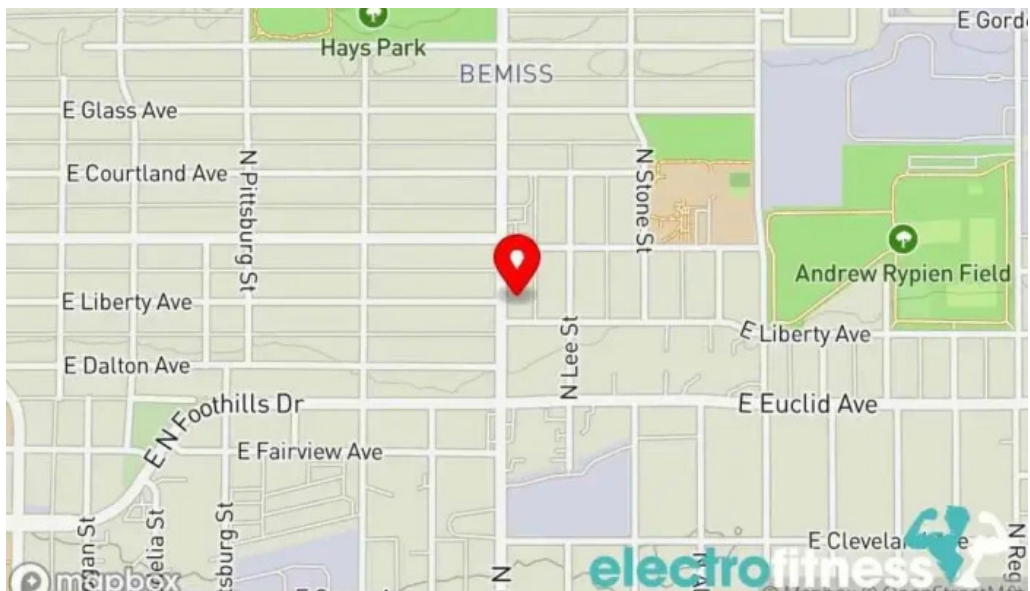
Rooted yoga wellness yoga



Rooted yoga wellness street view 360deg



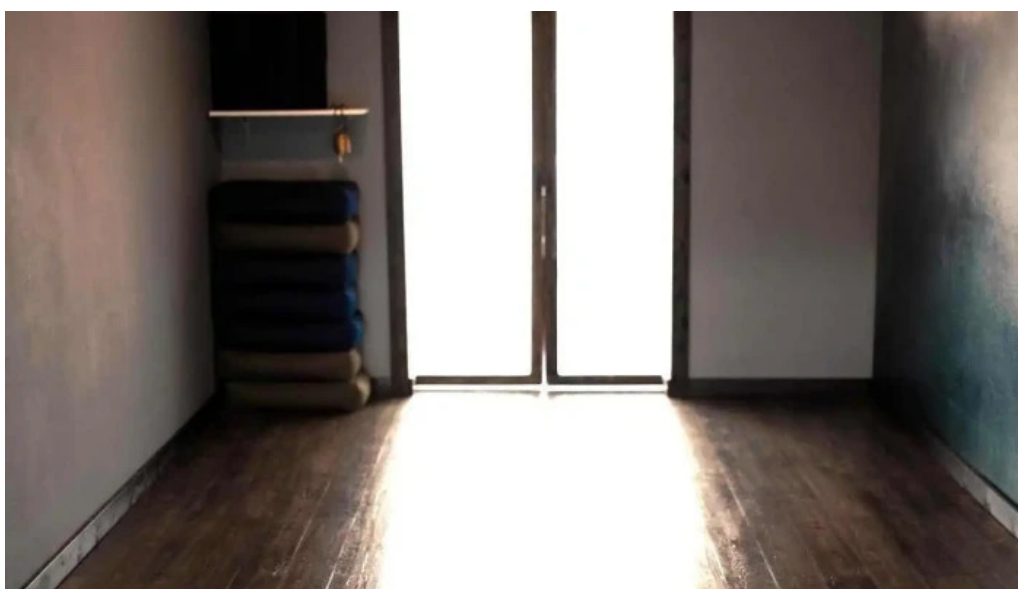
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Tags

Restaurant, Accessibility, Wheelchair-accessible car park, Service options, Appointments recommended, From the business, On-site services, Amenities, Planning, Identifies as veteran-owned, Toilet, Appointment required, Online classes

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