



ROOTS TO WINGS VIRTUAL STUDIO: YOGA + MEDITATION CLASSES

The Roots to Wings virtual studio is an online platform for you to find high quality yoga and meditation practices that restore your mind and body. Join Tristina Kennedy & Michael Fong for a deep dive into your health journey. Whether you are brand new or an experienced practitioner, you will find classes that suit all of your needs.

You will receive a **special membership rate** reserved for Kaiser employees at just **\$29/month (the normal monthly rate is \$69!)**.

Your membership includes:

- An initial 10-day free trial period.
- An extensive library of 200+ on-demand videos, with a variety of styles + lengths
- Unlimited access to regularly scheduled livestream classes
- Programs and challenges to learn more about the many facets of yoga + meditation
- There is no contract, you can cancel your membership at any time.

[CLICK THIS LINK](#) to start your 10 day free trial + get access to your special membership rate.

Please let us know if you have any questions. Hope you are having a great start to your week!

Take care,
M+T

~ Connect with me at: [rootstowings.yoga](https://www.rootstowings.yoga)