



*Mangosteen Hibiscus*

## New Blog!

**Contributed by [The Rooted Hook](#)**

[The Mercado's](#) raw and certified organic mangosteen powder, which includes the rind (pericarp), are a natural source of antioxidants and vitamin c with many compounds known to keep inflammation at bay. Both the fruit and the peel have been scientifically studied as they contain a mega-load of minerals and phytonutrients to fight cancer, kidney problems and viral diseases.



[Read More](#)

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All studio classes are offered via Zoom for \$15/class.

Don't forget about our [virtual library](#) with new yoga and physical therapy content uploaded regularly! only \$19/month!

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## Sunday Yoga Flow

Join Will on Sunday's at 9:15 am Live or via Zoom!

A yoga class that offers accessible postures to relieve tension and tightness throughout the body. It's an opportunity to stretch, release and connect breath with movement.





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