



WildRoots is a fully equipped Pilates and yoga studio that provides many wellness services as well as a full-service beauty salon. In our studio, we break down faulty movement patterns in the body (that create aches and pains) and help each best restore alignment and build proper core muscle. This creates mind-body connection, bringing awareness to each guest to restore natural bio-mechanics along with healthy movement patterns and habits. Pilates and yoga work great together by building strength and flexibility to maintain proper alignment. These two exercises are for all body types and all ages.

"In 10 sessions you will feel the difference, in 20 you will see the difference, and in 30 you will have a whole new body."
-Joseph Pilates-

7510 288th Avenue Suite 2
Salem, WI 53168
(262) 586-0199

www.wildrootssalem.com



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(includes one-on-one
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\$25 Off
any Yoga
Package

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