

Join our Taproot Thrive Community!

Reset your health
with a 12-month journey to optimal wellness
using the habits of Ayurveda.

Guide your
body & mind
back to the
rhythms of
nature

Weekly
groups, monthly
1-on-1 coaching,
and ongoing
workshops

Define and
achieve your
health goals

Experience
compassionate
support and
motivation

Realize
the power of
community
and dynamic
groups

Integrate
proven habits
for lifelong
health



You'll experience better sleep, increased energy, improved digestion and elimination, robust immunity, graceful aging, happier skin, balanced weight, reduced brain fog, lower anxiety, and a more grounded nervous system.

Enrolling soon!

Email: Hello@TaprootWell.com

Call/text: (970) 829-1292

taproot
WELLNESS & BODYWORK

