



New Blog!

Adaptogen Mushrooms

Contributed by Nicole Law of [The Rooted Hook](#)

Our Top 4 Adaptogenic Mushrooms:

1. Reishi
2. Cordyceps
3. Chaga
4. Lions Mane

All four of these Adaptogens are available in [The Mercado](#). Their formulas are 100% organically grown, contain ZERO fillers or processors, and their cell walls have been steamed in order for their nutrients to be extracted and absorbed easily by the body. Mushrooms also contain both the fruiting body and the mycelium, the most nutrient rich portion of the mushroom. They are sold in powder form and can be incorporated into coffee, tea, juice, smoothies, oatmeal, soup, and any other food/beverage you choose!

Full Blog Post



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

On Demand videos available through the RTC video library subscription at \$19/month.



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