

YOGA & PILATES PUNCHCARD

\$8 per class
\$80 for 11 classes
(you receive 1 class free)

DETOX PACKAGE

Ionic Foot Bath *or*
Infrared Sauna *or*
Body Vibrating Plate

5 Sessions - \$100
10 Sessions - \$150

VISIT OUR HEALTH & WELLNESS STORE

We carry a full line of all natural
health products.

Assorted Teas
Essential Oils
Health & Wellness Supplements
Skin Care
Candles



Our **mission** at The Good Earth Company is whole body wellness... mentally, physically and spiritually. Led by Patti Knobbe, Naturopathic Doctor, we offer wellness services as well as natural products and supplements. Our **Goal** is to help our clients achieve a balanced healthy lifestyle not only through a mental and spiritual path by utilizing a support team rooted in the Lord.

THE GOOD EARTH COMPANY. LLC
125 SOUTH MAIN STREET
WEST POINT, NE 68788
402.372.1016

thegoodearthcompany7@gmail.com
www.thegoodearthcompany7.com

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updated information.



PATTI KNOBBE, OWNER
NATUROPATHIC DOCTOR

CERTIFIED HOLISTIC HEALTH PRACTITIONER
BIOENERGETIC PRACTITIONER
HEALTH COACH
YOGA INSTRUCTOR R-YFT200
MASTER HERBALIST
NATUROPATHIC DOCTOR

YOGA & PILATES SCHEDULE

Patti Knobbe, Tara Reppert & Megan Beed
R-YFT 200

YOGA CLASSES

MONDAYS

8:30-9:30 AM - FLOW

11:00-12:00 PM - CHAIR

6:00-7:00 PM FLOW

TUESDAYS

7:00-8:00 AM @ WISNER

7:00-8:00 PM - COMBO BODY

WEDNESDAYS

8:30-9:30 AM - STRENGTH

1:00-2:00 PM - CHAIR

6:00-7:00 PM POWER

THURSDAYS

7:00-8:00 AM @ WISNER

FRIDAYS

8:30-9:30 AM - FLOW

SUNDAYS

6:00-7:00 PM - RESTORATIVE

AEROPILATES CLASSES

TUESDAYS & THURSDAYS

9:00-10:00 AM

WE ALSO OFFER PRIVATE & GROUP SESSIONS

PRIVATE \$15.00

GROUP (1-10 PEOPLE) \$50.00

GROUP (11-20 PEOPLE) \$75.00

OUR OFFERED SERVICES

WHOLE BODY WELLNESS VISIT (SAVE \$50 ON ALL 4 ASSESSMENTS) \$150

This consultation looks at all the health foundations. The following tests are provided at this visit:

REAMS (RBTI) pH Assessment - This is a non-invasive seven part test completed on fresh samples of urine and saliva. The purpose of Reams Biological Theory of Ionization (RBTI) is to analyze and identify previously unrecognized electro-biochemical dysfunctions within the body.

BIOENERGETIC BODY FIELD ASSESSMENT - The bioenergetic program utilizing health assessment software that identifies bioenergetic distortions and blockages in your body and on your meridians that may contribute to physical and emotional problems.

IRIDOLOGY ASSESSMENT - For thousands of years, the Iris has been examined to determine potential deficiencies and health issues in the body. Every human optic nerve contains 800,000 to 1.7 million nerve fiber endings. These nerves connect our eyes to the brain and continue down our spinal cord, connecting to every organ and gland in your body.

BACH CONSULTATION - Treat yourself to a one-on-one personalized Bach Consultation. The Bach Flower Remedies can heal all emotional imbalances such as anger, stress, anxiety, trauma, depression, children's nightmares, separation anxiety, adjustment issues, bullying, lack of self esteem and everything in between.

SUNLIGHTEN INFRARED SAUNA \$25

Experience the rejuvenation of our Infrared Sauna that makes detox convenient. Skyrocket your metabolism and burn calories like you're working out, without the exercise part. Relax your body and mind and let the sauna work its magic. The far-infrared sauna not only purifies fat cells, but also burns calories (up to 500 calories can be calculated in a full day). The use of far-infrared (FIR) has proven to be the most effective for weight loss or body shaping. Heating of the Infrared Sauna helps to kill bacteria, viruses and tumors.

IONIC FOOT DETOX \$25

Ionic Foot Detox is designed to help enhance your body's natural detoxification process and balance your electromagnetic fields. It's designed to remove toxins, decrease pain and inflammation, improve organ function, increase and balance energy, restore vitality, increase mental clarity, clear skin, and help you build a stronger immune system!

WHOLE BODY VIBRATION PLATE \$8

The Whole Body Vibration Plate can serve as a great warm up or cool down from activity, or just a supplement to your regular exercise regime. At The Good Earth Company, we incorporate the WBV experience along with our Detoxification Package (Infrared Sauna, WBV and Ionic Foot Detox Bath). Come and experience the benefits for yourself. If you've never used one before, be sure to let us know so we can assist you in your first-time use. Proven health benefits include: stronger muscles, increased bone mass, increased blood flow, increased flexibility, stimulate lymphatic system, and a decrease in cortisol levels.