

The Heart of The Hub

Human Habits are the ancient rhythms and daily practices that have carried us through time—deeply rooted in ancestral knowledge.

We believe wellness starts with the small things: rising with the sun, eating with the seasons, and gathering in community.

Our space is here for all of it.
For the ancient and the new.
For the curious and the committed.
For the practices that make you feel alive.
This is a space where connection comes first.
Where age-old wisdom is shared freely.
Where foundational wellness becomes a lived experience.

Whether you're here for a nourishing meal, a moment of stillness, a breath of cedar in the sauna, or sharing and gaining wisdom with our community—we welcome you.

This is your space to reconnect.
To reset.
To remember what it means to be human.



Connect With Us

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Facebook



Website



Instagram



Bookings



HUMAN! HABITS
'THE HUB'

Your Community Wellness Hub





The Tejas Temple

PRICE LIST

Dry Cedar Sauna 40 mins	\$29
ADD: Hot Herbal Bath	\$15
ADD: Cold Plunge	\$10
ADD: Yoni Steam	\$25
ADD: Lymph & Fascia Flow DIY	\$25
Sauna Minute Package- 250 mins	\$150
Private Booking - 2 hrs (when closed)	\$199
ADD: Additional Hour & Lounge	\$100
Standalone Yoni Session	\$55
Ayurvedic Indian Head Massage	\$125
ADD: Hot Herbal Bath	\$15
ADD: Yoni Steam	\$25
ADD: Sauna-25 mins	\$20
ADD: Goddess Nap-20 mins	\$15
ADD: DIY Breast Massage Demo	\$15
ADD: DIY Abhyanga	\$15
Crown Connection Session	\$119
Private Sound Healing Session	\$85
The Fascia Fix	\$119

(ask us about packages & private bookings)

The Prana Plate Kitchen



What makes our kitchen & food a little different than others? The vibe, the intentionality & the ingredients. We use organic ingredients from growers who align with our philosophy of “food as medicine” and we believe that the energetics into the food matters as much as the quality itself.

Produce Boxes

Small Produce Box	\$35 - \$45
Large Produce Box	\$55 - \$65
Custom Produce Box	\$\$\$

All produce is organic and meticulously sourced

Food prepared in-store is made without the use of seed oils, dairy, refined sugar or processed ingredients

Around The Hub

NOURISH & SHOP

- Nutritious, Organic In-House Made Grab & Go Food
- Organic Teas & Fresh Coffee
- Organic Produce & Grocery Items
- Apothecary & Wellness Retail
- Ayurveda-Inspired Offerings

SOAK & SWEAT (Tejas Temple)

- Dry Cedar Sauna
- Hot Herbal Bath or Cold Plunge
- Yoni Steam Session

GATHER & GROW

- Mini Retreats
- Self-Care Days
- Knowledge Shares & Classes
- Book club (with benefits!)

MOVE & MEDITATE (The Zen Den)

- Movement Classes
- Yoga (Yoga Nidra, Kundalini)
- Sound Bowls w/ Simone
- Qigong Classes
- Fascia Classes
- Breathwork Circles
- Cacao Ceremonies
- Drumming Circles

WISDOM & BALANCE

- Ayurvedic Consultations

