

JUNE WELLNESS SPECIALS



On Request

Guided Meditation; Beginning in the Yoga room with a guided meditation then a gentle walk to the Labyrinth where you can complete your spiritual journey with your instructor.

1 hour \$25.00*

Friday June 14th at 3pm

Sound Bowl healing; uses the gentle music of the sound bowls to deepen, soothe and quiet the mind. Reserve your space. Minimum of 8 required. Please reserve your space at the Spa Reservations Desk.*

1 hour \$35.00*

Wednesday 19th June at 10.30am (also on request)

Labyrinth Walk followed by a simple ritual at the Tipi; A beautiful guided walk at the Labyrinth followed by the opportunity to write your intentions and release them in a simple burning ceremony and reflect on what you wish to let go. Learn about grounding that realigns your energy by connecting to the earth. Includes a beautiful gift with your own sage smudging stick **1 hour \$25.00***

*All our Wellness specials have a 20% gratuity charge added to the cost of your session for the provider. 24 hours cancellation policy. Minimum class numbers required.

All our Wellness offerings can also be performed as private sessions to personalize and suit your specific needs. Prices vary, please call the Spa 480-595-3500 Spa Guest experience specialists are available 8am to 6pm daily.

