

WELLNESS SPECIALS



All classes are available on request subject to our instructor's availability and minimum numbers.

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*

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*

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

