

# WELLNESS SPECIALS

**Guided Meditation;** Relax in our beautiful Yoga room. This guided meditation takes you on a journey to learn how you can practice to calm the mind. Take with you simple skills to train your mind and no longer chase every thought.

**Sound Bowl Healing;** Uses the gentle music of the sound bowls to deepen your relaxation response which counters many symptoms caused by chronic stress, while helping to balance your wellbeing.

**Labyrinth Walk with Tipi Ritual;** Explore the difference between mindfulness and meditation. Begins at the Labyrinth where you can enjoy the moment of being surrounded by nature, followed by a simple cleansing ritual at the Tipi, where you can set your intention and reflect on what you wish to release. Includes a beautiful gift with your own sage smudging stick.

All our Wellness Classes last 1 hour and have a 24 hour cancellation policy. Minimum charges applicable, starting from \$35 per person plus 20% gratuity for the instructor. These can be performed as private sessions to personalize to suit your specific needs. Please call the Spa 480-595-3500 to book, our guest experience specialists available 8am to 6pm daily.

