

WELLNESS SPECIALS AT THE SPA

Guided Meditation; Relax in savasana 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; Your highly trained practitioner gently plays a wide variety of beautiful crystal bowls that produce a soothing sound and many varied vibrations. These gentle sounds deepen your relaxation and promote your response which may help many symptoms caused by chronic stress. It can also alleviate tension while helping to balance your wellbeing. Also known as sound bath healing or simply a sound bath.

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 \$40 per person.

These can be performed as private sessions to personalize to suit your specific needs.

Guest Experience Specialists are available 8am to 6pm daily 480-595-3500

