

WELLNESS PROGRAMS

YOGA & MEDITATION

Help align and center yourself with 1:1 yoga or group yoga classes. We offer both Hatha Yoga, where we practice the Asanas (poses), as well as Meditative Yoga, through either a guided, walking, or sound bath meditation.

QIGONG

A moving meditation that was created thousands of years ago in China as part of traditional Chinese medicine. It involves movement that optimizes the energy in your body, mind, and spirit with the goal of maintaining your health and wellbeing.

CLASSES

We offer a wide range of wellness classes for large groups or small parties. From self-care in a busy world, to anti-aging facial techniques, and build your own desert botanical scrub and soak bars.

**Services scheduled based on availability, prices vary based on group size*



SCHEDULE TODAY | 520-917-2467

View our full menu of services online at www.westwardlook.com/sonoran-spa