

Time to Thrive Sound Healing

The 1st Wednesday of every month:
2:00 - 3:30 pm starting in April

Ironwood Scottsdale: 8880 E. Desert Cove Ave.

Allow your mind and body to relax in a safe setting with instructor Sarah Spearin. This class helps rebalance the autonomic nervous system leading to a cascade of beneficial effects

Sound Healing: An ancient form of energy meditation through the use of sounds, frequencies, and vibrations

Benefits: Stress management, trauma recovery, and managing some side effects of chemotherapy

To RSVP please email wellness@ironwoodcrc.com or call
(480) 314-6660