

# WELLNESS CLASSES

**Revitalize your mind and body through guided wellness experiences designed to help you relax and restore.**

Select a date to explore the dates within the month.

Breath Work with Kreston Woods (At Chandler) | 2nd Tuesday, 10-11am

Sound Bath Therapy (At Chandler) | 2nd Thursday, 4-5:30pm

Reiki (Online) 3rd Friday, 10-10:30am

Time to Thrive Sound Healing with Sarah Spearin (At Scottsdale) | 1st Wednesday, 2-3:30 pm



BREATH WORK WITH  
KRESTON WOODS (AT  
CHANDLER)

SOUND BATH THERAPY  
(AT CHANDLER)

REIKI (ONLINE)

TIME TO THRIVE SOUND HEALING WITH SARAH SPEARIN  
(AT SCOTTSDALE)

**For Registration**

WELLNESS@IRONWOODCRC.COM

**CALL US @**

480-314-6660