



JACKRABBIT SPA

GRATITUDE HIKE & STRETCH

Thursday, November 27 | 7:30 AM
Mummy Mountain: Tyner's Trailhead

Start your Thanksgiving morning with intention, reflection, and movement in nature. Join us at 7:30 AM as we gather in quiet reflection to write a postcard of gratitude to ourselves, a loved one, or someone who has made a difference in our lives. We'll take a moment to set a personal intention of gratitude to carry with us on the trail.

At 8:00 AM, we'll begin our guided hike up Mummy Mountain, taking in the beauty of the desert morning and the spirit of thankfulness. The hike will be followed by a gentle yoga and stretch session at 9:00 AM, accompanied by the soothing sounds of live acoustic guitar.

This mindful morning is designed to ground us in gratitude, connect us with nature, and open our hearts for the day ahead.

What to Bring

- Comfortable walking shoes
 - Layers for warmth
 - An open heart

All levels welcome. Space is limited-please call to reserve 480-596-7040