

Mindfulness Salon

May 15, 2026 |
6:30PM

Changing Hands
Phoenix, AZ

An Evening of Presence and Peace

Join us for a Mindfulness Salon - a tranquil evening dedicated to cultivating awareness, relaxation, and connection.

In this 60-minute gathering, you'll experience a flow of guided meditation, mindful movement, and sound-based chakra toning led by experienced instructors from our community, while we celebrate the launch of Jeanna Valenti's new book, *The Yoga of Marketing: Balancing Heart, Mind, and Spirit for Success*.

Program Flow



Guided Meditation - Liz Garlieb

20 Minutes

Certified mindfulness and meditation instructor.



Sound Healing - Marney Henze

20 Minutes

Wellness Facilitator | Yoga, Meditation, and Sound Guide

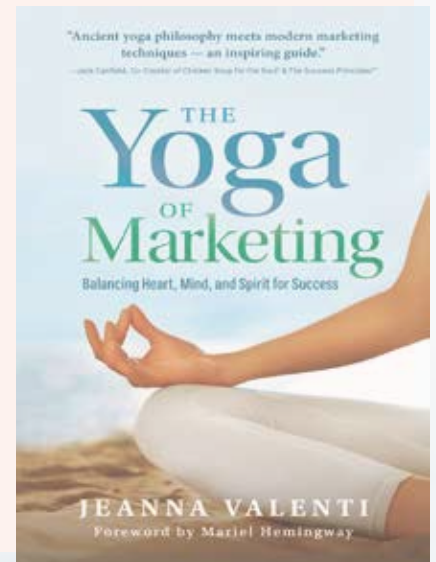


Chakra Toning - Jeanna Valenti

20 Minutes

Seven Spiritual Laws of Yoga Instructor, Reiki master, and certified mindfulness and meditation instructor.

Followed by a 20-minute Q&A.



For more information or to register,
contact April Fields at April@TheYogaofMarketing.com

LightBox

