



ROYAL PALMS
Resort and Spa

48 Hours IN PHOENIX

FOR THE WELLNESS ESCAPE

Alvadora Spa | *Royal Palms Resort & Spa*

From the organic therapies and massages to the Mediterranean modalities at Alvadora Spa, our resort remains committed to wellness. A heated Jacuzzi hot tub, 24-hour access to the swimming pool and in room fitness options allow you to maintain fitness at your leisure. Allow us to assist you in preparing a personalized spa ritual for the day. Plan an immersive experience customized just for you to ensure the most restorative experience possible. All complete with indoor and outdoor relaxation areas and pool access.

Defining Body | *Royal Palms Resort & Spa*

Combining body exercises with muscle strengthening movements, this format will help stretch and lengthen while gaining strength for your whole body. This is a full body workout that helps you stay in-tune into the intelligent design of the body with organic patterns and corrective exercise and movement. You will experience Yoga, Pilates and Body Movement.

Fridays, 8:00am, please meet in Alegria Garden at 8:00am.

Yin & Yang Yoga | *Royal Palms Resort & Spa*

Enjoy the beauty of balance: layering dynamic vinyasa flow sequences (YANG) with soft landing in long deep stretches by the end of the class (YIN). The class flows with elements of yin and yang helping students to develop strength and flexibility.

Saturdays, 9:00am, please meet in Alvadora Spa lobby at 8:45am.

Yoga Nidra | *Royal Palms Resort & Spa*

Settled into a comfortable restorative position, you will be guided into one of the deepest meditations, leading awareness through many levels of mental process to a state of complete stillness and insight. Yoga Nidra is sometimes called a yogic sleep in a state of conscious mind. This is an All Levels class.

Sundays, 9:00am, please meet in Alvadora Spa lobby at 8:45am.

Old Town Scottsdale Farmers Market | 3.3 miles, 9 minute drive

Be ready to find a wide variety of organic and pesticide-free produce, seasonal specialties such as cider and apples, flowers, natural pork, beef, fish, free-range eggs from Arizona growers. You'll also find cheese, freshly baked artisan breads, jams, tamales, and so much more. The market is family friendly and well-mannered pets are welcome!

Desert Botanical Garden | 4.8 miles, 10 minute drive

The Garden's commitment to the community is to advance excellence in education, research, exhibition and conservation of desert plants of the world with emphasis on the Sonoran Desert. We will ensure that the Garden is always a compelling attraction that brings to life the many wonders of the desert.

Hiking Trails

Camelback Mountain | 1.1 miles, 4 minute drive

Papago Park | 4.1 miles, 9 minute drive

McDowell Mountain Preserve | 17.9 miles, 34 minute drive

South Mountain | 15 miles, 30 minute drive

Piestewa Peak | 6.1 miles, 14 minute drive