

JOY Wellness Events Calendar

AUG /SEPT

501 W Frontier St.

Payson Arizona

928-476-0828

www.PaysonWellness.com

2026

Facilitators:

William - @willin_az
 Jessica - @soundsofthesoulhealingarts
 Victoria - 928-978-1234
 Lisa - @violetintention
 Recovery Lab Massage - @recoverylabmassage
 Gail - as Mother Mallard
 Cat - @practioner.cat
 Taylor - @summit.breathwork
 Yoga In The Pines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 MASSAGE/ BODY WORK - By ap- pointment only	3 2:00-4:00p REIKI - By appointment only	4 1:00-3:00p SOUND ENERGY SESSIONS - By appointment only	5	6	7	MASSAGE/ 1 & 8 DEEP TISSUE -appt only 8:00a YOGA IN THE PARK
9 MASSAGE/ BODY WORK - By ap- pointment only	10 2:00-4:00p REIKI - By appointment only	11 1:00-3:00p SOUND ENERGY SESSIONS - By appointment only	- Register for these therapies / events with the event practitioner / host. - Visit www.yogainthepines.com for registration links for each event. - Visit www.paysonwellness.com to access websites for all business with in JOY Wellness Center - Prices Vary - Must register prior to start of event - Space is limited, registration will close as events fill			MASSAGE/ DEEP ¹⁵ TISSUE - appt 8:00a YOGA IN THE PARK
MASSAGE/ BODY WORK - appts ¹⁶ 12:30-3:00p SACRED SISTER GATHERING	17 2:00-4:00p REIKI - By appointment only	18 1:00-3:00p SOUND ENERGY SESSIONS - By appointment only				MASSAGE - appt ²² 10:30a FREE KIDS EVENT at GVP 8:00a YOGA IN THE PARK
23 MASSAGE/ BODY WORK - By ap- pointment only	24 2:00-4:00p REIKI - By appointment only	25 1:00-3:00p SOUND ENERGY SESSIONS - By appointment only				28 MASSAGE - appt ²⁹ 8:00a YOGA IN THE PARK 5:00-9:30p FULL MOON RETREAT
30 MASSAGE/ BODY WORK - By ap- pointment only	31 2:00-4:00p REIKI - By appointment only	1 1:00-3:00p SOUND ENERGY SESSIONS - By appointment only				4 MASSAGE/ DEEP ⁵ TISSUE - by ap- pointment only 8:00a YOGA IN THE PARK
6 MASSAGE/ BODY WORK - By ap- pointment only	7 2:00-4:00p REIKI - By appointment only	8 1:00-3:00p SOUND ENERGY SESSIONS - By appointment only	9	10	11	MASSAGE - appt ¹² 8:00a YOGA PARK 12:00-2:30p DEEP- ENING WITH YOGA WORKSHOP
13 MASSAGE/ BODY WORK - By ap- pointment only	14 2:00-4:00p REIKI - By appointment only	15 1:00-3:00p SOUND ENERGY SESSIONS - By appointment only				18 MASSAGE/ DEEP ¹⁹ TISSUE -appt only 6:00-7:15p AU- TUM EQUINOX BREATHWORK
20 MASSAGE/ BODY WORK - By ap- pointment only	21 2:00-4:00p REIKI - By appointment only	22 1:00-3:00p SOUND ENERGY SESSIONS - By appointment only				25 MASSAGE - appt ²⁶ 10:30a FREE KIDS 1:30-6:00p NATIVE WOMENS CEREMONY