

Flow Into Alignment, Moon Valley

By Jena Ritchie NBC-HWC

Flow Into Alignment offers Moon Valley residents and neighbors an uplifting wellness experience sponsored by Moon Valley Chiropractic and brought to life with a thoughtful collaboration of local professionals: Jena Ritchie NBC-HWC, M-CPT, Certified Advanced Aromatherapist; Rayn Fenty RYT-200, Certified Lymphedema Therapist; and Sensei Oscar Cruz. Taking place Sunday, May 31st from 10 a.m. to 1 p.m. at The DOJO Studio Moon Valley (13466 N 7th St, Phoenix, AZ 85022), the experience is \$35 per person (RSVP 480-788-3750). This event will weave together foundational wellness practices, lymphatic flow movement, and the principles of qi gong and tai chi to support alignment, circulation, and nervous system balance, concluding with a gentle multi-sensory guided meditation journey designed to restore and integrate mind-body wellbeing.

This integrative approach reflects the principles of holistic health best practices and the benefits of advanced chiropractic care, which is grounded in the essential connections between the spine, nervous system, and overall vitality. When the spine and skeletal system are optimally aligned, communication between the brain and body becomes more efficient, supporting improved posture, more fluid movement, and a greater capacity to adapt to physical and emotional stress. In this way, alignment serves as a foundation for the body's ability to self-regulate and maintain balance.

Compromised spinal alignment leads to tension and interference within the nervous system, impacting the body's function as an interconnected system. Conscientious care helps restore and maintain postural integrity, reducing strain while supporting coordination, recovery, and resilience. When combined with mindful movement, breath awareness, good nutrition, and practices that support lymphatic flow, the body is better equipped for performance, able to release stored tension, maximize immune function, and deepen the mind-body connection for more balanced, sustainable wellbeing. Reach out to Moon Valley Chiropractic with any questions or to schedule a new patient appointment at 602-298-0292



**MOON VALLEY
CHIROPRACTIC**



Lymph Rehab
Lymphatic & Scar Therapy

Align your body, mind, and energy through an immersive wellness experience designed to nurture your senses and strengthen your wellbeing.

**Sunday, May 31st 10am-1pm
The DOJO Studio Moon Valley
13466 N 7th St Phoenix AZ 85022
\$35 Per Person, RSVP 480-788-3750**

Flow into a thoughtful fusion of foundational wellness practices enhanced by lymphatic movement and powerful QiGong and TaiChi principles concluding with a gentle multi-sensory guided meditation.

Flow Into Alignment

Hosted by: Sensei Oscar Cruz

Rayn Fenty RYT-200, Certified Lymphedema Therapist

Jena Ritchie NBC-HWC, M-CPT, Advanced Aromatherapist

Sponsored by Dr. Jamey Reichow, Moon Valley Chiropractic