Connect, Nurture and Explore

Nestled within Boynton Canyon, Mii amo is an enclave, immersed in natural beauty. For some, this is a place to begin anew. For others, it's an opportunity to pause, reflect and explore other paths. For all, it is a place of personal connection.







Embrace Your Journey.

Table of Contents

02 Special Events

03 Body, Mind & Spirit

07 Weekly Activities

09 Fitness & Wellbeing

10 Personal Coaching

11 Trail House at Enchantment

12 Hiking & Biking Experiences

13 Epicurean Experiences

14 Artistic Activities

15 Mii Time

Included In Your Journey

Welcome Reception

Mii amo Fitness Classes

Mii amo Lectures and Specialty Programming

Daily Spa Credit

3 Meals Daily at Hummingbird at Mii amo

Fresh Juices, Smoothies, Teas and Coffees at the Juice Bar

Daily Amenities

Stargazing at Enchantment
(Tuesdays & Saturdays)

Access to Enchantment:

Dining at Che Ah Chi and Tii Gavo

Artist Cottage

Trail House

Main Pool

Pickleball Courts

Tennis Courts

Game Room

Lawn Games

Fitness & Movement Studio Hours:

6:00 am - 9:30 pm

All activities and pricing subject to change.

Prices listed do not include tax, service charge and gratuity. Select activities and excursions are subject to a cancellation policy.



Special Events

Full Moon Ceremonies

September 25 and 26
October 24 and 25, November 23 and 24
12:00 pm, Crystal Grotto

Ushering in the full moon phases, this ceremony shares an explanation of what the full moon represents and a guided meditation to connect with the full moon's energy.

New Moon Ceremonies

September 9 and 10, October 9 and 10
November 8 and 9
12:00 pm, Crystal Grotto

Coinciding with the new moon, this ceremony represents new beginnings and an opportunity to speak your dreams out loud. A guided meditation offers connection with the new moon's energy and brings forward all that you want to nurture and create.

Full Moon Hike

September 25, 26 and 27, October 24, 25 and 26
November 23, 24 and 25
$305 per person, Trail House at Enchantment
Please reserve 24 hours in advance.

Begin this hike on the trails just before sunset and watch as the moon rises over the red rocks. Hike back at twilight as the moon begins to glow above. Head lamps provided. Weather permitting.

New Moon Hiking Under the Stars

September 9, 10 and 11, October 9, 10 and 11
November 8, 9, and 10
$305 per person, Trail House at Enchantment
Please reserve 24 hours in advance.

Hike beneath Sedona's breathtaking dark sky without moonlight (new moon). Experience the trails from a different perspective as you hike alongside the star-lit cliffs of the red rocks. Sedona is an international dark sky community, an ideal location to experience stunning night skies. Weather permitting.

Boynton Canyon Uncovered: History and Habitat

Wednesdays, Thursdays and Sundays
5:00 – 6:00 pm, Enchantment Trail House

Join the Trail House team for an engaging, hands-on presentation that brings you face-to-face with the fascinating creatures that call Boynton Canyon home. From pinned insect specimens and a javelina skull replica to a live tarantula encounter, this presentation offers a deeper understanding of the canyon's diverse animal life.

Stargazing at Enchantment

Tuesdays & Saturdays, Complimentary
Time Varies; please contact the concierge

Gaze into the Sedona night sky through a powerful telescope while our expert astronomer highlights bright stars, distant planets, and galaxies far away. Weather permitting. Meet at Enchantment Circle.

Private stargazing is also available. Please dial x8179 to reserve.

Body, Mind & Spirit

Our timeless practices support your path of personal discovery. Feel, hear, trust and nurture the power that lives within you. Embrace your Journey.

UNIQUELY MII AMO

Honoring our place and committed to our roots, these services, found only at Mii amo, represent how we have served our guests with inspired innovation for over twenty years.

Inner Quest

Take this journey of exploration in a safe and trusted place and open yourself to the possibility of deep inner clarity. Ceremonial elements of braided sweet grass (representing the braids of grandmother), rawhide drums (to open the four directions), and cedar/sage oil (sacred plants) are all part of a journey that when together with our skilled guides make this a Uniquely Mii amo experience.

Chakra Balancing

Scented vibrational oils matched to each chakra are combined with their coordinating colors, crystals and stones. Through intentional placement, aroma, and gentle touch along the chakra centers, your practitioner guides you on a sensory journey toward deeper alignment, embodiment, and clarity.



Connection Ceremony

Times of transition can be challenging regardless of whether they are happy, sad, rocky, or fluid. In this ceremony, you can meet these moments by letting go, saying good- bye or welcoming in, because connection can take many forms. Each individual ceremony is created to help you through a transition. Your transition may be connected to a specific event, such as a birth, a passing, or an anniversary. Or, it may be a broader life circumstance such as the evolution of a relationship.

Intentional Aromatherapy Massage

Aromatherapy in a uniquely Mii amo way. By combining the uncommon partnership of ten essential oils and ten intention-setting cards, this treatment approaches aromatherapy by essence rather than by sense of smell. It includes a dry body brush exfoliation with a light, flowing massage.

Intuitive Massage

Combining a gentle massage with an energy reading, your therapist balances and integrates the various aspects of your psyche. Both healing touch and conversation are carefully attuned to your needs so you may deeply reconnect to your sense of wholeness.

Scan the QR code for the full spa menu.

Spa hours are
6:00 am to 9:30 pm

Insight

This is an invitation to discover how your personal energy expresses itself. A meditation and energy reading lead to an in-depth exploration into duality and your innate intelligence that lives beyond it.

Resilient Alignment

Step into a sanctuary of empowerment, thoughtfully designed to support awareness, exploration, and renewal. Your journey begins with mind/body awareness, nurturing language, and guided reflection to clarify your energetic landscape and intentions. Embodiment practices and resilience tools follow, expanding your inner capacity beyond the service. A balancing Polarity session concludes the experience, honoring the body's wisdom and inviting steadiness and alignment.

Soul Consciousness

Through a variety of healing modalities, a master therapist shares techniques that help support heightened awareness, new perspective, or reconnection with your inner self. Techniques may include guided imagery, energy work, emotional release, soul journey, and breath work. Become more conscious of your hidden gifts and restore harmony and balance to your life.







SKINCARE

Our skincare specialists use only the finest products and advanced facial techniques.

Mii amo Custom Facial

Tailored to your skin's unique needs, this personalized facial includes a thorough skin analysis, deep cleanse, exfoliation and focused treatments to balance sensitivity, hydrate and restore a natural glow.

CBD Facial

Indulge your skin in the ultimate calming experience designed to soothe, balance and hydrate. Infused with high-quality CBD, this facial balances oil production and supports your skin's natural healing process.

Crystal Facial

A holistic, hydrating skincare treatment that combines traditional facial techniques with the energy-healing properties of crystals and gemstones. This luxurious experience is designed to enhance both the appearance of the skin and the overall sense of wellbeing.

Radiant Renewal

The ultimate luxury face and body treatment. A complete facial tailored to every type of aging skin, designed to detoxify and provide deep hydration leaving skin firm, plumped and smooth completed with a body treatment application to tone, hydrate and restore.

BODY TREATMENTS

Our Body Treatments include varying types of exfoliation, wraps and massages.

Desert Mist Body Renewal

This scrub, wrap and full body massage deliver head-to-soul healing. A soft magnesium scrub calms and reduces inflammation, and is followed by a clay wrap, which draws out toxins and improves circulation. Finally, a relaxing body massage utilizing a rich body butter moisturizes the skin.

High Desert Enzyme Wrap

After a whole body detoxifying dry brush, a light wrap of botanical and fruit enzyme oils stimulate the skin's ability to repair and hydrate. Now your skin is ready for a peptide-infused body lotion that nourishes and increases cellular rejuvenation.

Dosha Balancing Wrap

A restorative Ayurvedic wrap and oil-based therapy intuitively selected to support your energetic state and dosha. Take a scent journey of herbal oil blends, light exfoliation through soothing brush strokes, nourishing oil application leading to a warm, detoxifying botanical wrap.

Jojoba Butter Wrap

Native to Arizona, jojoba is a drought tolerant shrub seen across our landscape. Our jojoba shea butter is loaded with antioxidant properties. When wrapped in the butter after an exfoliating bee balm sugar scrub, it easily absorbs deep into the skin leaving your complexion supple and smooth.

MASSAGE AND BODYWORK

Our Massage and Bodywork Treatments include varying types including couples massage.

Ancestral Stone Massage

Ancient cultures around the world believe that our ancestors work through stones to support our healing journeys. This modern-day interpretation incorporates both hot and cold stones. Basalt stones are used for their thermodynamic qualities that maintain heat and transfer energy while marble stones remain cold resulting in a direct effect on the cardiovascular system and relaxation of the muscle tissue.

CBD

Our CBD massage begins with a dry brush and hot compresses, to prepare the body to receive the healing benefits of the CBD oil. Then, using a combination of massage techniques and application of a high potency CBD salve, stress, anxiety, and muscle tension are relieved.

Head, Neck and Shoulders

A therapeutic yet nurturing service that blends tension point release techniques with focused massage on the head, neck, and shoulders.

Lymphatic

This light yet powerful hands-on technique encourages lymphatic drainage, gentle detoxification, supports immune function, and nurtures the body's natural pathways of clearing and restoration.

In Pursuit of Wellbeing

MEDITATIONS

The mind, like your body, needs care, and meditation is a way to fulfill that need.

Basics of Meditation

If you would like to learn how to meditate, we recommend beginning with the basics. Breath, awareness, and relaxation are taught through guided imagery and breathing techniques. Even for experienced meditators, coming back to the basics can also be a good practice.

Journey Through the Chakras

Working through each of your chakras, this meditation grounds and connects you with each one of your energy centers.

Infinite Possibility

This guided meditation will bring you into all the possibilities from what you have planted and intended for your life this year. Creating an energy of lightness, excitement and joy as you sense the growth and express gratitude in its unfolding, allowing yourself to appreciate the abundance in the present moment.

Spirit of Nature

Our busy, day-to-day lives can lead to a disconnection from nature. Here, in this powerful, beautiful and tranquil setting, your mindfulness practitioner will help you to rebuild awareness and connection to the healing power of the natural world.



SOUND RESONANCE THERAPY

Everything in our universe is based on energetic vibration resonating with its own signature frequency.

Healing Sound Bath

Crystal Singing Bowls, placed around your body while you are lying on a mat, work directly with your individual energy by channeling it through your core. The sounds emanating from the bowls can reduce stress, calm adrenals, and increase clarity.

Sound Escape

Relax in a zero-gravity lounger while gentle beats of music vibrate up and down your spine. This can be a deeply moving experience, so your therapist will always be present for you.

ENERGY AND SPIRIT

Approached with an open heart and mind, these powerful sessions take you on journeys that foster clarity, deepen insights, and guide you toward finding your inner wisdom.

Astrology

A professional astrologer offers insights into the patterns in your life. Please make your reservation for this experience twenty-four hours in advance. Your astrologer will need your birthdate, birthplace, and time of your birth in order to prepare your chart prior to your session.

Aura Photography

By collecting the electromagnetic energy that is emitted from your body and translating it into our physical world, an aura photograph displays the colors of the chakras surrounding you. Here at Mii amo, your aura photograph is taken both before and after a guided meditation so your practitioner may provide you with an in-depth reading as to why the photos differ and how you have the power to balance your own chakras and auric energy.

Energy Clearing

Let go of what no longer serves you. Whether it be guilt, emotional tension, grief, grudges, or old beliefs, your practitioner invites you into a new space by asking what you long for in your life. Through conversation, ritual, clearing of your auric field, and energy clearing bodywork, your therapist helps you release the old and invite the new.

Hypnosis

During your session, a licensed hypnotherapist will guide you into a trance-like state. Using verbal cues and imagery, you will be brought to a heightened level of focus leaving you more open to suggestions. Perhaps you would like to better cope with anxiety or a loss, gain control over an unwanted behavior or be more open to something. Hypnosis has been proven to help move people through personal challenges and overcome difficulty. Kindly indicate your focus when reserving this service.

Past Life Regression

Using hypnosis to induce a deep state of relaxation, your certified hypnotherapist will guide you on an exploration of past life memories that may provide insights into who you are today and why you do the things you do.

Reading of the Moment

Using any combination of Tarot Cards, Palmistry, Numerology and sometimes the Pendulum, an intuitive guide will take you on a journey to find more clarity and give you a higher level of understanding of your current life's path. Focusing on what is foremost in your mind in this moment gives this special session its name.

Reiki Healing

This healing ritual is performed by your practitioner prior to and in conjunction with a Reiki session. It raises your frequency, which clears your energy field and allows you to better receive the healing powers of Reiki. This is one of the highest levels of Reiki and can only be performed by a Reiki Master. This service requires you to be clothed, so please arrive wearing loose-fitting, comfortable clothing.



CEREMONY

An interactive and engaging experience that calls upon connecting through the canyon's energy.

Medicine Wheel

This ceremony journeys through the four cardinal directions of the compass points and the natural elements of each. East (air), West (water), South (earth) and North (fire) each have a guiding spirit symbolizing the four stages of life, offering lessons and gifts that support the development of a balanced life.

Spirit of the Full Moon: Releasing

September 25 and 26, October 24 and 25
November 23 and 24

The full moon is a meaningful time to clear your emotional and spiritual slate by releasing what no longer serves you. This ceremony begins with the act of writing down what you want to let go of and burning it, providing a metaphorical and visceral release. A full body massage using sage oil that has been infused with the light of the full moon supports you in your journey.

Spirit of the New Moon: Manifesting

September 9 and 10, October 9 and 10
November 8 and 9

The new moon is a powerful time to invite in your wishes and desires for your life. In this ceremony, your practitioner guides you through a grounding and reflective footbath, the penning of your intention, and a full body massage in which geranium and pine oil are used to open your mind and expand your energy level. When finished, we hold on to your written intention for one lunar cycle and on the following new moon we bury it in the canyon where it composts into the powerful and grounding earth.

FALL EQUINOX CELEBRATION

September 22, 12 – 12:30 pm
Labyrinth

The Fall Equinox is a meaningful time of the year to honor the harvest of efforts and intentions for your life path that you set earlier in the year. As we consciously link our awareness to nature's cycles, our understanding of our own cycles begins to deepen.





Weekly Activities

Fitness & Movement Studio Hours are 6 am – 9:30 pm. All classes are held in the Movement Studio unless noted.
Please explore the class descriptions on page 9.

SUNDAY

Yin Yoga
6:30 – 7:30 am

Morning Ritual
7:50 – 8:05 am & 8:10 – 8:25 am, Crystal Grotto

Mii amo Departure Ritual
8:40 – 9:10 am, Crystal Grotto

Cardio Tennis *(Adv. Reservation Required)*
9:00 – 10:00 am, Enchantment Tennis Court

Strength and Stability
9:30 – 10:30 am

Restorative Yoga
10:50 – 11:50 am

Vortex Lecture
1:50 – 2:50 pm, Labyrinth

Mindfulness Through Breath
3:00 – 4:00 pm

Gentle Flow Yoga
4:10 – 5:10 pm

Mii amo Welcome Reception
4:30 – 5:00 pm, Journey Lounge

Mii amo Arrival Ritual
5:15 – 5:45 pm, Crystal Grotto

Evening Sound Meditation
6:10 – 6:40 pm, Crystal Grotto

MONDAY

Morning Stretch
6:30 – 7:30 am

Morning Ritual
7:50 – 8:05 am & 8:10 – 8:25 am, Crystal Grotto

Labyrinth Walk
8:40 – 9:10 am, Labyrinth

Canyon Vortex Walk *(Adv. Reservation Required)*
9:00 – 10:00 am, Enchantment Trail House

Intro to Pickleball *(Adv. Reservation Required)*
9:00 – 10:00 am, Enchantment Pickleball Court

Yoga/Pilates Fusion
9:30 – 10:30 am

Intro to Archery *(Adv. Reservation Required)*
10:00 – 11:00 am, Enchantment Circle

Stretch and Strengthen
10:50 – 11:50 am

Intro to Power Plate
1:10 – 1:40 pm, Fitness Studio

Healthy Habits for Longevity
1:50 – 2:50 pm, Living Room

Juicing *(Adv. Reservation Required)*
3:00 – 4:00 pm, Hummingbird Harvest Table

Yin Yoga
4:10 – 5:10 pm

Healthy Back
5:30 – 6:00 pm

Evening Meditation
6:10 – 6:40 pm, Crystal Grotto

TUESDAY

Gentle Flow Yoga
6:30 – 7:30 am

Morning Ritual
7:50 – 8:05 am & 8:10 – 8:25 am, Crystal Grotto

Aqua Fit
8:30 – 9:30 am, Mii amo Pool

Labyrinth Walk
8:40 – 9:10 am, Labyrinth

Intro to Pickleball *(Adv. Reservation Required)*
9:00 – 10:00 am, Enchantment Pickleball Court

Yoga for Longevity
9:30 – 10:30 am

Journey into Creativity *(Reservation Requested)*
10:00 – 11:30 am, Artist Cottage

Mat Pilates
10:50 – 11:50 am

Express Strength Circuit
12:10 – 1:00 pm, Fitness Studio

Culinary Insights *(Adv. Reservation Required)*
1:50 – 2:50 pm, Hummingbird Harvest Table

Intro to the Chakras
3:00 – 4:00 pm

Restore and Stretch
4:10 – 4:40 pm

Sacred Sound
4:50 – 5:10 pm, Crystal Grotto

Understanding Dreams
5:20 – 6:00 pm, Crystal Grotto

Evening Meditation
6:10 – 6:40 pm, Crystal Grotto

Stargazing at Enchantment Circle
Time Varies, Check with Concierge

WEDNESDAY

Qi Gong
6:30 – 7:30 am

Morning Ritual
7:50 – 8:05 am & 8:10 – 8:25 am, Crystal Grotto

Fascia Stretch
8:00 – 9:00 am

Labyrinth Walk
8:40 – 9:10 am, Labyrinth

Journaling for Self-Compassion
9:00 – 10:00 am, Living Room

Strength and Stability
9:30 – 10:30 am

Intro to Axe Throwing *(Adv. Reservation Required)*
10:00 – 11:00 am, Enchantment Circle

Foam Roller Fusion
10:50 – 11:50 am

Chef's Garden Experience *(Adv. Reservation Required)*
11 am – 12 pm, Meet at Hummingbird Harvest Table

Let's Talk Nutrition
1:50 – 2:50 pm, Living Room

Fall Celestial Cycles
3:00 – 4:00 pm, Labyrinth

Chakra Yoga
4:10 – 5:10 pm

Chanting
5:20 – 5:50 pm, Crystal Grotto

Dusk to Dream: Evening Sound Immersion
6:00 – 7:00 pm, Advanced Reservation Required

Evening Meditation
6:10 – 6:40 pm, Crystal Grotto



THURSDAY

Yin Yoga
6:30 – 7:30 am

Morning Ritual
7:50 – 8:05 am & 8:10 – 8:25 am, Crystal Grotto

Mii amo Departure Ritual
8:40 – 9:10 am, Crystal Grotto

Intro to Pickleball *(Adv. Reservation Required)*
9:00 – 10:00 am, Enchantment Pickleball Court

Mat Pilates
9:30 – 10:30 am

Gentle Flow Yoga
10:50 – 11:50 am

Vortex Lecture
1:50 – 2:50 pm, Labyrinth

Healthy Habits for Longevity
3:00 – 4:00 pm, Living Room

Restorative Yoga
4:10 – 5:10 pm

Mii amo Welcome Reception
4:30 – 5:00 pm, Journey Lounge

Mii amo Arrival Ritual
5:15 – 5:45 pm, Crystal Grotto

Evening Sound Meditation
6:10 – 6:40 pm, Crystal Grotto

FRIDAY

Gentle Flow Yoga
6:30 – 7:30 am

Morning Ritual
7:50 – 8:05 am & 8:10 – 8:25 am, Crystal Grotto

Labyrinth Walk
8:40 – 9:10 am, Labyrinth

Canyon Vortex Walk *(Adv. Reservation Required)*
9:00 – 10:00 am, Enchantment Trail House

Cardio Tennis *(Adv. Reservation Required)*
9:00 – 10:00 am, Enchantment Tennis Court

Vinyasa Flow
9:30 – 10:30 am

Intro to Power Plate
10:50 – 11:20 am, Fitness Studio

Yin Yoga
10:50 – 11:50 am

Chef's Garden Experience *(Adv. Reservation Required)*
11 am – 12 pm, Meet at Hummingbird Harvest Table

Let's Talk Nutrition
11:30 am – 12:30 pm, Living Room

Express Strength Circuit
12:10 – 1:00 pm, Fitness Studio

Mindfulness Through Breath
1:50 – 2:50 pm

Journaling for Self-Compassion
3:00 – 4:00 pm, Living Room

Juicing *(Adv. Reservation Required)*
3:00 – 4:00 pm, Hummingbird Harvest Table

Fascia Stretch
3:00 – 4:00 pm

Foam Roller Fusion
4:10 – 5:10 pm

Understanding Dreams
5:20 – 6:00 pm, Crystal Grotto

Dusk to Dream: Evening Sound Immersion
6:00 – 7:00 pm, Advanced Reservation Required

Evening Meditation
6:10 – 6:40 pm, Crystal Grotto

SATURDAY

Morning Stretch
6:30 – 7:30 am

Morning Ritual
7:50 – 8:05 am & 8:10 – 8:25 am, Crystal Grotto

Strength 60
8:00 – 9:00 am

Labyrinth Walk
8:40 – 9:10 am, Labyrinth

Intro to Pickleball *(Adv. Reservation Required)*
9:00 – 10:00 am, Enchantment Pickleball Court

Yoga for Longevity
9:30 – 10:30 am

Journey into Creativity *(Reservation Requested)*
10:00 – 11:30 am, Artist Cottage

Mat Pilates
10:50 – 11:50 am

Intro to the Chakras
1:50 – 2:50 pm

Fall Celestial Cycles
3:00 – 4:00 pm, Labyrinth

Healthy Back
4:10 – 4:40 pm

Sacred Sound
4:50 – 5:10 pm, Crystal Grotto

Chanting
5:20 – 5:50 pm, Crystal Grotto

Evening Meditation
6:10 – 6:40 pm, Crystal Grotto

Stargazing at Enchantment Circle
Time Varies, Check with Concierge

Fitness & Wellbeing

Fitness Hours 6:00 am – 9:30 pm

TONING, YOGA & PILATES

Mat Pilates
Improve posture, body alignment, muscle endurance, balance, coordination, and mental awareness engaging the entire core.

Chakra Yoga
Awaken each chakra center and release physical energy flow with this deep guided meditation offering you the opportunity to learn about and connect to your energy centers.

Gentle Flow Yoga
A softer, lighter paced flow coordinated with the breath, which allows you to move with a sense of ease and be more present with each pose.

Restorative Yoga
Renew the body with peaceful and nurturing asanas designed to relax, unwind and rejuvenate.

Vinyasa Flow
A dynamic style of yoga that emphasizes the seamless flow of movements coordinated with breath. This is a rigorous yoga practice designed to build strength and flexibility.

Yin Yoga
Lower body stretches target the deep connective tissues and fascia through passive, longer-held poses, improving energy flow and flexibility.

Yoga/Pilates Fusion
A high-energy, low-impact, full-body workout that blends core-centric MAT Pilates with the flexibility, breath work, and flow of yoga.

Yoga for Longevity
Through breathing practices, asanas and meditation this class helps to increase flexibility, strength, balance and tranquility for overall health and longevity.

STRETCHING & MEDITATIONS

Chanting
Experience the power of sound and mantra meditation in the acoustic healing environment of the Crystal Grotto.

Dusk to Dream: Evening Sound Immersion
Let the vibrational frequencies of the crystal sound bowls envelope you, promoting deep, full-body relaxation in a candlelit surrounding.

Evening Meditation
Experience relaxation while being guided on a sacred journey of self-awareness.

Foam Roller Fusion
Release muscular tension, improve mobility and increase circulation by utilizing a foam roller and other fitness tools.

Fascia Stretch
Fascia is a connective tissue found throughout the body. This class uses sustained stretches to enhance mobility and flexibility, leaving you with a greater appreciation and deeper understanding of your own fascia.

Healthy Back
This 30-minute practice focuses on strengthening, stretching and relaxing the muscles of the back and core to promote good posture and decrease muscular tension.

Labyrinth Walk
A guided meditation walk through our Mii amo outdoor labyrinth.

Morning Ritual
Set your intentions for the day by joining this guided morning ceremony and meditation in the iconic Crystal Grotto.

Morning Stretch
Awaken the body with a relaxing morning stretch while welcoming the new day overlooking the awe-inspiring red rocks of Boynton Canyon.

Qi Gong
Rejuvenating traditional Chinese practice, with a focus on breath work along with graceful movements for balance and fitness.

Restore and Stretch
Improve flexibility, reduce muscle tension and soreness, and calm the nervous system in this class focused on basic yoga poses and stretches.

Sacred Sound
Join us in the heart of Mii amo, the Crystal Grotto, for a relaxing and soothing experience utilizing different sound instruments.

STRENGTH & CARDIO

Aqua Fit
Experience a fun, full-body workout in the pool! Aqua workouts provide a refreshing and effective way to enhance fitness.

Canyon Vortex Walk *(Reservation required)*
Join a Trail House guide for a short walk, leading you through our property to a stunning viewpoint on the red rocks. Immerse yourself in the vortex energy unique to Boynton Canyon and explore the flora, fauna, and geology, culminating in a guided meditation.

Cardio Tennis *(Reservation required)*
Practice tennis drills on Enchantment's professional-grade tennis courts. This class offers a variety of cardio drills for intermediate to advanced players.

Express Strength Circuit
This is a high-efficiency workout format designed to build muscular strength, endurance, and cardiovascular health.

Intro to Pickleball *(Reservation required)*
This class is designed for players interested in learning the basic skills and rules of the game.

Intro to Power Plate
Join us for a 30-minute class highlighting the benefits and many uses for the power plate.

Strength 60
This 60-minute, high-energy full-body workout combines strength training and cardio to tone your major muscles and burn calories.

Strength and Stability
This full-body workout is designed to strengthen your entire body while improving stability and control. Through purposeful, functional movements, you'll enhance coordination, increase core strength, and develop better body awareness.

Stretch and Strengthen
A full-body, low impact workout that blends muscle-strengthening with flexibility training to enhance overall mobility. You'll explore exercises that support joint stability with deep stretching to ease stiffness and support better posture, faster recovery, and injury prevention.

LECTURES & PRESENTATIONS

Fall Celestial Cycles
Join the mindfulness team for a walk in the spiral labyrinth to enhance your connection to the Earth. Reflect on the blessings in your life, acknowledge any challenges you have faced, and harvest your accomplishments while embracing these gifts that you have created throughout the year as you move forward into the next cycle.

Culinary Insights
Join our chef and registered dietitian to discuss ingredients and explore how simple it can be to prepare no bake treats that may enhance your quality of life.

Healthy Habits for Longevity
Establishing healthy habits may increase longevity and enhance quality of life. Uncover insights into impactful habits, identify the small changes that can yield significant results.

Intro to the Chakras
Learn what chakras are and how to bring conscious awareness to these energy centers. Keep your mind, body and spirit in balance.

Journaling for Self-Compassion
Through journaling prompts, you will explore what you're ready to release, cultivate deep self-compassion, and envision the dreams and desires you wish to bring into your life.

Juicing *(Reservation required)*
This class covers all aspects of juicing and will equip you with the knowledge to start incorporating juicing into your life to increase your nutrition and energy.

Let's Talk Nutrition
Join our nutrition professionals for a relaxed conversation and engage in an open discussion about one of the key pillars of longevity: our diet.

Mindfulness Through Breath
The breath is the foundation of every mindful practice. Learn how breath relates to emotion and how to channel its life-changing power to regain and sustain your wellbeing.

Understanding Dreams
Explore the profound influence of dreams and unravel the intricate tapestry of messages they may be holding.

Vortex Lecture
Learn about the power of Sedona's vortex energy.

Personal Coaching



Mii amo certified fitness trainers work hand-in-hand with you to understand your personal fitness goals to co-create a private training session to deepen and expand your wellness routine.

Fitness Program Design

If you seek to begin a new program or to improve an existing one, our certified trainers will guide you through a customized fitness program design. You will take home a strength, cardiovascular and/or flexibility routine built for success.

Foam Roller Fusion

Release muscular tension, improve mobility and increase circulation by utilizing a foam roller and other fitness tools.

Integrative Breathing

Breathing techniques led by your practitioner begin your process toward a natural, steady breath that will help create inner calm. Next, your practitioner will guide you into an accelerated breath. The resulting blood oxygenation helps to detox cells where memories, emotions, and stress may be held.

Nutrition for your Health

When challenged with various health or weight concerns, it is time to re-examine daily food choices. Receive specific nutritional and wellness advice on how to stay strong and balanced.

Partner Yoga

Partner Yoga is a practice that brings two people together through yoga and touch. The practice involves physical postures, conscious breathing, touch, intimacy, trust, communication and play. Partner Yoga creates the opportunity to be in an interdependent partnership.

Private Yoga

Also available as a shared session for two.

Whether you are a novice or practice yoga on a regular basis, our yoga instructors can design a yoga session focused on your desired yoga type, skill level and interests.

Pilates

Also available as a shared session for two.

Using Pilates principles, you will work with one of our certified personal trainers to build, lengthen and strengthen your core muscles and improve overall balance and stability. Please indicate if you wish to schedule mat or reformer at the time of booking.

Strength Training

Be empowered to lift, push, pull and use all the equipment in any gym. Instruction will include introductory or advanced use of dumbbells, kettle bells, cables, TRX and machines.

Traveler's Workout

Traveling can throw a wrench into any workout ritual. In this consultation, our trainer will help you explore techniques that can be performed on your travels without gym equipment or weights. Designed to help the traveler stay toned and healthy on the road.

**Fitness and Wellbeing menu and pricing may change without notice. Shared services are available for select services for an additional $65 per person*

TRAIL HOUSE
AT ENCHANTMENT

Trail House

Trail House at Enchantment is the epicenter for active outdoor experiences. Stop in to learn about our vast array of hiking, mountain biking, kayaking and rock climbing offerings. Visit the boutique for the latest in outdoor gear and apparel. Let the expert Adventure Advisors at Trail House craft a menu of outdoor experiences tailored to your interests and fitness level.



GRAND CANYON TOURS

Please reserve 48 hours in advance.

South Rim Tour
$1,800 per 2 person minimum

Below the South Rim Hiking Tour
$2,250 per 2 person minimum

To reserve a Trail House experience, please scan the QR code or contact an Adventure Advisor at 928.203.8407 or dial 6983 from your guestroom phone.



TRAIL HOUSE
AT ENCHANTMENT

Hiking & Mountain Biking Experiences

Discover the natural beauty of Sedona with a guided, private hike through some of the most stunning terrain in the country. With over 50 trails to choose from, the experienced Adventure Advisors at Trail House will assist you in choosing the right hike for your skill level and interests.



SIGNATURE FALL HIKES

Sunset Hike the Red Rocks
2.5 hours | $230 per person, $285 solo guest

Hiking Under the Stars / Full Moon Hike
2.5 hours | $305 per person, $335 solo guest

Archaeological Dwellings
Wupatki National Monument
6 hours | $420 per person, $520 solo guest

Walnut Canyon National Monument
6 hours | $420 per person, $520 solo guest

VORTEX EXPERIENCES

Canyon Vortex Walk
1 hour | Complimentary | Trail House
9:00 – 10:00 am, Mondays and Fridays
Advanced Reservation Required

Boynton Canyon Vortex
4 hours | $330 per person, $395 solo guest

Cathedral Rock Vortex Experience
4 hours | $330 per person, $395 solo guest

Four Vortexes Experience
Up to 6 hours | $420 per person
$520 solo guest

Table Top Vortex Experience
4 hours | $330 per person, $395 solo guest

VERDE VALLEY WINERY TOURS

Please reserve 48 hours in advance.

Explore Arizona's picturesque Verde Valley on a private tour with our Trail House guides. Visit Page Springs' renowned wineries in the comfort of our luxury transit vans and discover exceptional wine tasting experiences.

Vineyard Vista
3 hours | $315 per person, $415 solo guest

Page Springs Winery Trail
5 hours | $450 per person, $550 solo guest

Wings to Wine

Includes 1.5-hour Birding tour with Certified Audubon Society Guide
4 hours | $365 per person, $465 solo guest

With hundreds of miles of hiking and biking trails in and around Sedona, let the Trail House expert guides lead you on an adventure that is best suited to your interests and abilities. Please wear appropriate athletic attire.

GUIDED MOUNTAIN BIKE RIDES

Beginner Mountain Bike Adventure
2 hours | $230 per person, $285 solo guest

Ride the Red Rocks
2 hours | $230 per person, $285 solo guest

PIVOT MOUNTAIN BIKE RENTALS

$95 half day, 7 am – 12:00 pm or 1:00 – 6:00 pm
$155 full day, 24 hour period

Based in Tempe, Arizona, Pivot Cycles is one of the most desirable and innovative mountain bike brands on the market. An expert guide will fit you to the bike and recommend trails for your skill level.

E-BIKES

Comfortably cruise through Sedona's picturesque road routes, tackle hilly terrain with ease, and cover more ground, perfect for both leisurely rides and ambitious explorations.

E-Bike Rentals
4 hours | $115 per person

Guided E-Bike Excursion
2 hours | $230 per person, $285 solo guest

BIRDWATCHING

Enchantment Grounds
2 hours | $230 per person, $285 solo guest

Oak Creek
4 hours | $330 per person, $395 solo guest



ANTELOPE CANYON LAND EXPEDITION

Please reserve 48 hours in advance.
$3,500 per 2 person minimum, plus $500 for each additional guest.

This adventure begins with a guided hike through Upper Antelope Canyon, Rattlesnake Canyon, and Owl Canyon, led by an expert Navajo guide. Afterward, your Trail House guide will take you on a tour of Page, AZ, where you'll visit popular sights including Horseshoe Bend.

History of Boynton Canyon
Tuesdays and Fridays
5:00 – 5:15 pm, Trail House

Join the Trail House team for a captivating presentation that spans centuries of human interaction within Boynton Canyon, offering a richer understanding of its geology as well as its integral role in shaping the cultural tapestry of the region.

Epicurean Experiences

Each month Mii amo offers new culinary experiences focused on overall health and wellbeing. From juicing to nutrition presentations, immerse yourself in whole body wellness with our knowledgeable team.



Chef's Garden Experience

Wednesdays and Fridays
11 am – 12 pm, Meet at Hummingbird Harvest Table
Advanced Reservation Required

Explore our Chef's Garden with a garden tour and discussion around plant cycles, seasonality, companion planting and composting. Includes a tasting of seasonal produce freshly prepared at our community garden table.

Culinary Insights

Tuesdays, 1:50 – 2:50 pm
Hummingbird Harvest Table
Advanced Reservation Required

Join our chef and registered dietitian to discuss ingredients and explore how simple it can be to prepare no bake treats that may enhance our quality of life.

Let's Talk Nutrition

Wednesdays, 1:50 – 2:50 pm and
Fridays, 11:30 am – 12:30 pm, Living Room

Join our nutrition professionals for a relaxed conversation and engage in an open discussion about one of the key pillars of longevity: our diet.

Caviar + Krug

Wednesdays and Fridays, 5:00 – 6:00 pm
Hummingbird Harvest Table
$300 per person
Advanced reservation required

We invite you to explore a unique sensory journey of sustainably sourced Sturia caviar paired with Krug Champagne. This immersive experience offers a rare opportunity to savor, learn, and celebrate the art of living well.

We kindly request that cancellations be made 24-hours in advance of your scheduled tasting. Cancellations made within 24-hours will be charged in full.

Juicing Class

Mondays and Fridays, 3:00 – 4:00 pm
Hummingbird Harvest Table
Advanced Reservation Required

This class covers all aspects of juicing and will equip you with the knowledge to start incorporating juicing into your life to increase your nutrition and energy. Learn all about different ways to juice, benefits and ingredients, and enjoy tasting some fresh, delicious juice.

Essence & Wellness of Tea

Saturdays, 3:00 – 4:00 pm
Hummingbird Harvest Table
Advanced Reservation Required

Take a moment to slow down and truly enjoy the beauty and art of a warm and delicious cup of tea. This is a time-honored tradition in which you will learn about the history, growing process and health benefits. You will experience hands-on preparation and drinking of three different varieties.

Artistic Activities







Classes offered daily at the Artist Cottage at Enchantment. Supplies Included. Please reserve 24 hours in advance.

KILN FIRED

Creativity in Clay *(2 hours)*
$275 solo guest, $200 per guest (2 or more)

Discover traditional pottery techniques—pinch pots, coils, and slabs—while shaping soft clay by hand. Explore how to personalize your creations such as the intricate patterns of a local plant, a child's hand or even your pet's paw prints.

Southwest Pottery Glazing *(1 – 2 hours)*
$135 solo guest, $105 per guest (2 or more)

Learn the secrets of pottery glazing from our expert instructors. Your masterpiece will bake in our on-site kiln and be ready the following day.

Wheel Thrown Pottery *(2 hours)*
$275 solo guest, $200 per guest (2 or more)

Feel the clay come to life in your hands as your imagination takes shape on the wheel. Explore essential techniques from centering clay and pulling up walls with instruction for all skill levels.

HANDICRAFT

Beading *(1 hour)*
$135 solo guest, $105 per guest (2 or more)

Create a unique bracelet with beading wire and sterling silver clasps. Select from stone, ceramic, or wood beads to design a bracelet that resonates with your personal creative style.

Gourd Decorating *(2 hours)*
$155 solo guest, $135 per guest (2 or more)

Using locally grown gourds, you'll learn how to transform them into stunning works of art using various techniques, such as painting, staining, and embellishing. Discover how a humble gourd can become a canvas for self-expression.

Tree of Life *(2 hours)*
$155 solo guest, $135 per guest (2 or more)

Transform copper wire and crystal and stone chips into a tree of life pendant. Explore detailed wire working skills using jewelry pliers to bend, twist and shape copper wire into intricate designs.

Wood Burning *(2 hours, ages 18+)*
$155 solo guest, $135 per guest (2 or more)

Dive into the art of pyrography —the technique of using a heated tool to burn intricate designs onto wood. Craft a one-of-a-kind design on a live edge wooden round.

DRAWING & PAINTING

Creativity in Mixed Media *(2 hours)*
$215 solo guest, $195 per guest (2 or more)

Mixed media allows you to experiment with various methods and mediums. Learn techniques to blend different mediums, creating depth, contrast, and visual interest.

Pastels *(2 hours)*
$215 solo guest, $195 per guest (2 or more)

Explore the magic of creating art with pastels. Your instructor will guide you through various techniques to help you find your individual style, while enjoying the magic of blending and color.

Watercolors *(2 hours)*
$215 solo guest, $195 per guest (2 or more)

Learn how to capture the stunning red rock scenery, along with plants, animals, or any themes that inspire and spark your creativity, with our resident watercolor artist.

Discover more Artist Cottage offerings on your guestroom tablet.

PHOTOGRAPHY

Photography classes are held outdoors.

Red Rock Photography *(2.5 hours)*
$375 solo guest, $350 per guest (2 or more)

Creative Photo Tips *(2 hours)*
$325 solo guest, $285 per guest (2 or more)

JOURNEY INTO CREATIVITY

Tuesdays and Saturdays, 10:00 - 11:30 am
Advanced reservation requested

Step into a gentle rhythm of creativity and presence. This art class invites you to slow down, reconnect, and explore mindfulness.

Choose to explore one of the four classes below:

Handcrafted Soap
Discover the art of soap making.

Prayer Arrows
In this calming and meditative creative experience, you'll craft your own intention arrow.

Freeform Mandalas
Discover how to calm my nervous system and foster inner balance by hand-drawing your own freeform mandala.

Hand Poured Candles
Hand pour your own custom candle and scent inspired by the high desert.

**We kindly request that cancellations be made 24 hours in advance of the scheduled class. Cancellations made within 24 hours will be charged in full.*

In Pursuit of Wellbeing

Sensory Garden



Connect to Nature

Nestled within the striking natural landscape of Boynton Canyon—with its towering buttes, desert greenery, and iconic red rocks—the Canyon sets the stage for your Journey. This awe-inspiring setting invites you to step outside the rhythms of daily life and embrace new perspectives.

Our architecture and design are shaped by the textures and colors of the surrounding landscape, complementing the Canyon while allowing its beauty to take center stage. Everything we do is rooted in the power and presence of this extraordinary place.

Mii Time Virtual Series

Mii Time is taking time to focus on oneself – whether it is participating in meditations and lectures, scheduling a private consultation or listening to the live series.

Discover the Mii Time virtual offerings by scanning the QR code.

Explore Sedona

Please contact your Journey Guide for more information about any of the tours listed below.

Helicopter Tours

Soar above the red rocks allowing the landscape to unfold in breathtaking layers beneath you. Our helicopter tours offer a whole new perspective and a profound sense of awe and tranquility, revealing Sedona's natural beauty in a way that ground-level views simply cannot capture.

Hot Air Balloon Rides

View the spectacular vistas of Red Rock Country from a hot air balloon. The fun begins with the exciting inflation of the balloon and continues as you rise with the sun during the ascent.

Northern Arizona Wine Tours

Explore Arizona's picturesque Verde Valley on a private tour with the Enchantment Trail House guides. Visit Page Springs' renowned wineries in the comfort of our luxury transit vans and discover a delightful blend of vineyard exploration and exceptional wine tasting experiences, promising a memorable adventure for enthusiasts and connoisseurs alike.

Pink Jeep Off-Road Tours

Sedona's famous red rock landscape offers adventure at every turn. Experience it for yourself with off-road tours that wind through the scenery in Pink Jeep® Wranglers. On Fridays, Saturdays, and Sundays, select tours depart directly from the resort.

Tlaquepaque Arts & Crafts Village

Explore luxury shops, fine restaurants and arts and crafts galleries in a village setting of courtyards, splashing fountains and flower gardens.

Parks, Sites & National Monuments

Plan an excursion to some of the sites, national monuments, or state parks in the region.

Slide Rock State Park 928. 282.3034

Red Rock State Park 928. 282.6907

Montezuma Castle 928. 567.3322

Chapel of the Holy Cross 928. 282.4069

Crescent Moon Park 928. 203.2900

Tuzigoot National Monument 928. 634.5564

Jerome 928. 634.2900

Grand Canyon National Park 928. 638.7888

Miiamo

525 Boynton Canyon Road, Sedona, Arizona 86336

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