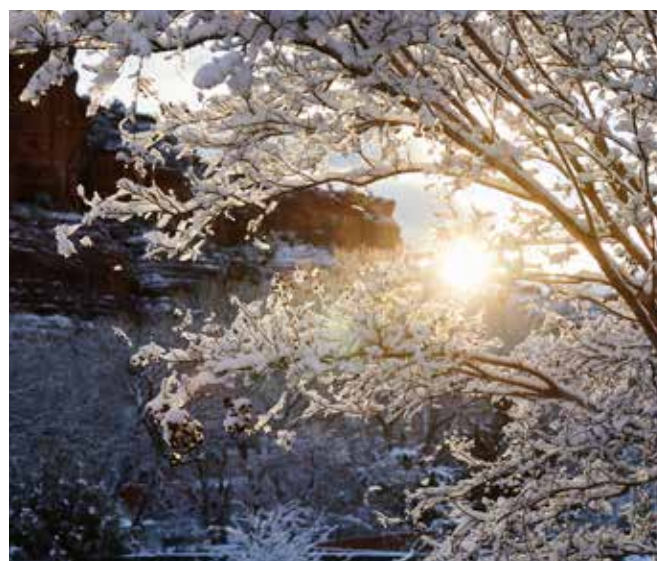


Welcome to Boynton Canyon | Activities and Adventure Guide

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	11	Trail House at Enchantment
03	Body, Mind & Spirit	12	Hiking & Biking Experiences
07	Weekly Activities	13	Epicurean Experiences
09	Fitness & Wellbeing	14	Artistic Activities
10	Personal Coaching	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

**December 3 and 4, January 2, 3 and 31
February 1**

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

**December 18 and 19, January 17 and 18
February 16 and 17**

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

**December 3, 4 and 5, January 2, 3, 4 and 31
February 1 and 2**

\$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

**December 18, 19 and 20, January 17, 18 and 19
February 16, 17 and 18**

\$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.

History of Boynton Canyon

Tuesdays and Fridays, 5:00 – 5:15 pm

Complimentary, Trail House at Enchantment

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, flora and fauna as well as its integral role in shaping the cultural tapestry of the region.

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.

Manifest Your New Year's Wishes

December 31 and January 1

Between 12 - 1:30 pm, Crystal Grotto

Manifest your New Year's intentions by visiting the Crystal Grotto. Pen down your aspirations or wishes on rice paper, and let the Mii amo team ignite them, bringing them into fruition for the upcoming year.

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 lounge 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 December 3 and 4, January 2, 3 and 31 February 1

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 December 18 and 19, January 17 and 18 February 16 and 17

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.

WINTER SOLSTICE CELEBRATION

December 21, 12 –12:30 pm & 12:30 – 1 pm
Crystal Grotto, Please reserve in advance

Winter is a time to rest and retreat to the inner light within ourselves, a place of stillness to reflect on what we have learned through the cycles of this year. Representing the shortest day and the longest night of the year, guests are invited to celebrate with a guided meditation led by our mindfulness team.



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	Cardio Tennis <i>(Adv. Reservation Required)</i> 10:00 – 11:00 am, Enchantment Tennis Court	Gentle Flow Yoga 4:10 – 5:10 pm
Morning Ritual 7:50 – 8:05 am & 8:10 – 8:25 am, Crystal Grotto	Restorative Yoga 10:50 – 11:50 am	Mii amo Welcome Reception 4:30 – 5:00 pm, Journey Lounge
Mii amo Departure Ritual 8:40 – 9:10 am, Crystal Grotto	Vortex Lecture 1:50 – 2:50 pm, Living Room	Mii amo Ritual 5:15 – 5:45 pm, Crystal Grotto
Strength and Stability 9:30 – 10:30 am	Mindfulness Through Breath 3:00 – 4:00 pm	Evening Sound Meditation 6:10 – 6:40 pm, Crystal Grotto

MONDAY

Morning Stretch 6:30 – 7:30 am	Canyon Vortex Walk <i>(Adv. Reservation Required)</i> 10:00 – 11:00 am, Enchantment Trail House	Let’s Talk Nutrition 1:50 – 2:50 pm, Living Room
Morning Ritual 7:50 – 8:05 am & 8:10 – 8:25 am, Crystal Grotto	Intro to Pickleball <i>(Adv. Reservation Required)</i> 10:00 – 11:00 am, Enchantment Pickleball Court	Juicing <i>(Adv. Reservation Required)</i> 3:00 – 4:00 pm, Hummingbird Harvest Table
Vinyasa Flow 8:00 – 9:00 am	Yoga for Longevity 10:50 – 11:50 am	Yin Yoga 4:10 – 5:10 pm
Labyrinth Walk 8:40 – 9:10 am, Labyrinth	Intro to Archery <i>(Adv. Reservation Required)</i> 11:00 am – 12 pm, Enchantment Circle	Healthy Back 5:30 – 6:00 pm
Mat Pilates 9:30 – 10:30 am	Intro to Power Plate 1:10 – 1:40 pm, Fitness Studio	Evening Meditation 6:10 – 6:40 pm, Crystal Grotto

TUESDAY

Gentle Flow Yoga 6:30 – 7:30 am	Intro to Pickleball <i>(Adv. Reservation Required)</i> 10:00 – 11:00 am, Enchantment Pickleball Court	Restorative Yoga 4:10 – 5:10 pm
Morning Ritual 7:50 – 8:05 am & 8:10 – 8:25 am, Crystal Grotto	Ball Yoga 10:50 – 11:50 am	Understanding Dreams 5:20 – 6:00 pm, Crystal Grotto
Labyrinth Walk 8:40 – 9:10 am, Labyrinth	Culinary Insights <i>(Adv. Reservation Required)</i> 1:50 – 2:50 pm, Hummingbird Harvest Table	Evening Meditation 6:10 – 6:40 pm, Crystal Grotto
Cardio Shred 9:30 – 10:30 am	Intro to the Chakras 3:00 – 4:00 pm	Stargazing at Enchantment Circle Time Varies, Check with Concierge

WEDNESDAY

Qi Gong 6:30 – 7:30 am	Strength and Stability 9:30 – 10:30 am	Winter Celestial Cycles 3:00 – 4:00 pm, Crystal Grotto
Morning Ritual 7:50 – 8:05 am & 8:10 – 8:25 am Crystal Grotto	Cardio Tennis <i>(Adv. Reservation Required)</i> 10:00 – 11:00 am, Enchantment Tennis Court	Chakra Yoga 4:10 – 5:10 pm
Fascia Stretch 8:00 – 9:00 am	Foam Roller Fusion 10:50 – 11:50 am	Trail House Fireside Conversations 5:00 – 6:00 pm, Trail House
Labyrinth Walk 8:40 – 9:10 am, Labyrinth	Chef’s Garden Experience <i>(Adv. Reservation Required)</i> 11 am – 12 pm, Meet at Hummingbird Harvest Table	Chanting 5:30 – 6:00 pm, Crystal Grotto
	Healthy Habits for Longevity 1:50 – 2:50 pm, Living Room	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

Vinyasa Flow

8:00 – 9:00 am

Mii amo Departure Ritual

8:40 – 9:10 am, Crystal Grotto

Mat Pilates

9:30 – 10:30 am

Intro to Pickleball *(Adv. Reservation Required)*

10:00 – 11:00 am, Enchantment Pickleball Court

Gentle Flow Yoga

10:50 – 11:50 am

Vortex Lecture

1:50 – 2:50 pm, Living Room

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 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

Cardio Shred

9:30 – 10:30 am

Canyon Vortex Walk *(Adv. Reservation Required)*

10:00 – 11:00 am, Enchantment Trail House

Cardio Tennis *(Adv. Reservation Required)*

10:00 – 11:00 am, Enchantment Tennis Court

Intro to Power Plate

10:40 – 11:10 am, Fitness Studio

Yin Yoga

10:50 – 11:50 am

Let’s Talk Nutrition

11:10 am – 12:10 pm, Living Room

Chef’s Garden Experience *(Adv. Reservation Required)*

11 am – 12 pm, Meet at Hummingbird Harvest Table

Mindfulness Through Breath

1:50 – 2:50 pm

Juicing *(Adv. Reservation Required)*

3:00 – 4:00 pm, Hummingbird Harvest Table

Foam Roller Fusion

4:10 – 5:10 pm

Understanding Dreams

5:20 – 6:00 pm, Crystal Grotto

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

Red Rock Power Hour

8:00 – 9:00 am

Labyrinth Walk

8:40 – 9:10 am, Labyrinth

Yoga for Longevity

9:30 – 10:30 am

Intro to Pickleball *(Adv. Reservation Required)*

10:00 – 11:00 am, Enchantment Pickleball Court

Mat Pilates

10:50 – 11:50 am

Intro to the Chakras

1:50 – 2:50 pm

Winter Celestial Cycles

3:00 – 4:00 pm, Crystal Grotto

Restorative Yoga

4:10 – 5:10 pm

Chanting

5:30 – 6:00 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 with a workout that engages the entire core.

Ball Yoga

This practice is a blend of the mind/body aspects of yoga and the stability of ball work. You will develop flexibility and strength that comes from the yoga postures and the core stabilizing and balancing aspects that improve from working with the stability ball.

Chakra Yoga

Awaken each chakra center and release physical energy flow with this deep guided meditation. Chakra Yoga offers 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. Restorative Yoga is designed to relax, unwind and rejuvenate.

Vinyasa Flow

Start your day with this 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, increasing energy flow and improving flexibility.

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.

Evening Meditation

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

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.

Foam Roller Fusion

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

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 breathwork along with graceful movements for balance and fitness.

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.

STRENGTH & CARDIO

Canyon Vortex Walk *(Reservation required)*

Join the expert guides at Trail House for a short walk, leading you through our property to a stunning viewpoint on the red rocks. Immerse yourself in the captivating vortex energy unique to this canyon and explore the flora, fauna, and geology, culminating in a guided meditation.

Cardio Shred

Focusing on the combination of strength and endurance, Cardio Shred will get the heart pumping and muscles working. This class utilizes cardio and strength-focused exercises to build muscle and burn calories.

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.

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.

Red Rock Power Hour

Build your physical strength, stamina and overall fitness in this high-intensity fitness class that incorporates various equipment and movements. Leave feeling stronger and energized for your day.

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—helping you move with greater ease, power, and confidence in everyday life.

LECTURES & PRESENTATIONS

Winter Celestial Cycles

Winter is a time to reflect and embrace the wisdom within. Quiet music by candlelight, insight journaling and a guided journey will be offered by our mindfulness team to reflect on our lives with care and compassion.

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, and learn how to incorporate them into your daily routine.

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.

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 our quality of 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

Trail House at Enchantment is the epicenter for active outdoor experiences. Stop in to learn about our vast array of hiking, mountain biking 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.



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 WINTER HIKES

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

Quietude Hike
2.5 hours | \$230 per person, \$285 solo guest

BIRD WATCHING ADVENTURES

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

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

VORTEX EXPERIENCES

Canyon Vortex Walk
1 hour | Complimentary | Trail House
10:00 – 11:00 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.

PHOTOGRAPHY TOURS

Red Rock Photography
2.5 hours | \$350 per person, \$375 solo guest

Creative Photo Tips
2 hours | \$285 per person, \$325 solo guest

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



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.

Boynton Canyon Uncovered: History and Habitat *Thursdays and Sundays*

5:00 – 6:00 pm, Trail House

Join us for an engaging presentation to discover the fascinating creatures that call Boynton Canyon home - from pinned insect specimens and a javelina skull replica to a live tarantula encounter.

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
Mondays, 1:50 – 2:50 pm and
Fridays, 11:10 am – 12:10 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
\$250 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.

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.

Beading (1 – 2 hours)

\$135 solo guest, \$105 per additional guest

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.

Creativity in Clay (2 hours)

\$275 solo guest, \$200 per additional guest

Discover the origins of pottery making by learning traditional techniques such as pinch pots, coils, and slabs. In this workshop, you'll develop your skills in shaping and molding clay by hand.

Creativity in Mixed Media (2 hours)

\$215 solo guest, \$195 per additional guest

Explore the many possibilities of expression through mixed media. Learn techniques to blend mediums, creating depth, contrast, and visual interest. Mixed media allows you to experiment with various methods and mediums to discover what resonates.

Exploring the Acrylic Palette (2 hours)

\$215 solo guest, \$195 per additional guest

An ideal class for beginning painters, discover techniques to work with this versatile, bright and bold medium. Learn beginner to advanced acrylic painting methods including underpainting, glazing and textural effects.

Gourd Decorating (2 hours)

\$155 solo guest, \$135 per additional guest

Using locally grown gourds, learn how to use various techniques, such as painting, staining, and embellishing to transform them. Discover how a humble gourd can become a canvas for self-expression, storytelling, and cultural exploration.

Mandalas (3 hours)

\$135 solo guest, \$105 per additional guest

Discover the calming power of mandala art. In this class, you'll learn how to soothe your nervous system and foster a sense of inner balance by creating your own unique mandala.

Pastel Perspectives (2 hours)

\$215 solo guest, \$195 per additional guest

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 exploration.

Prayer Arrows (1 hour)

\$135 solo guest, \$105 per additional guest

During this calming and meditative creative experience, craft your own intention arrow using Navajo-Churro yarn, indigenous feathers, a crystal, and a willow branch. This guided and symbolic process offers a powerful way to manifest your intentions.

Southwest Pottery Glazing (1 – 2 hours)

\$135 solo guest, \$105 per additional guest

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

Spirit Animal Painting (2 hours)

\$215 solo guest, \$195 per additional guest

Discover your guiding spirit animal through your choice of inspirational oracle card. Learn where they can guide you as you free flow paint their image in a colorful and stylized depiction on an 8x10 wrapped canvas with acrylic paints.

Tree of Life Wire Wrapping (2 hours)

\$155 solo guest, \$135 per additional guest

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.

Watercolors (2 hours)

\$215 solo guest, \$195 per additional guest

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.

Wheel Thrown Pottery (2 hours)

\$275 solo guest, \$200 per additional guest

Feel the clay come to life in your hands as your imagination takes shape on the wheel. Explore essential techniques for all levels.



NEW! Handcrafted Soap (1.5 hours)

\$135 solo guest, \$105 per additional guest

Discover the art and science of traditional cold process soap making, using fragrant oils, vibrant colors, and dried flowers to craft your own unique soaps.

**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.*

Mii Time



Mii Time

Take Mii amo home with you. Imagined as a bridge between your time at Mii amo and your life outside of Mii amo, Mii Time encourages you to continue to nurture your practice. Joined together near and far, we are always here for you.

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 below.



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.

Scenic Drives

Bring a camera and a picnic lunch for a scenic outing through Uptown Sedona into Oak Creek Canyon. Alternatively, venture out to Red Rock Loop Road which showcases the famous Cathedral Rock. Or explore the winding drive up to the top of Airport Mesa, a popular spot to take in a spectacular sunset.

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