

# 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.

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## 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

**March 13 and 14**

**April 11 and 12, May 11 and 12**

12:10 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

**March 28 and 29**

**April 26 and 27, May 25 and 26**

12:10 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

**March 12, 13 and 14, April 11, 12 and 13**

**May 11, 12 and 13**

\$275 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.

## Hiking Under the Stars - New Moon

**March 28, 29 and 30, April 26, 27 and 28**

**May 25, 26 and 27**

\$275 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.

## 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.

## History of Boynton Canyon

**Tuesdays and Fridays, 4:00 – 4:15 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.

# 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 aligned with the body’s seven chakra centers are used in conjunction with their coordinating colors of minerals, crystals, and stones. The oils vibrate at the frequency of each chakra and, when combined with energy work, guide you toward more balance 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.

**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.

**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.



Scan the QR code for the full spa menu.

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

**CELESTIAL CYCLES**

*As we move through our lives, we are subtly influenced by celestial cycles and seasons.*

**Spring Celestial Cycle Spa Services**

Available March 1st thru May 31st

Spring is a time of new beginnings. Birth and rebirth bring inspiration, seeds are planted, and new ideas emerge.

**Inspiration Massage**

This massage begins with a short, guided breathing exercise to connect us to the air element and includes a focus on scalp massage, increasing circulation to the mind, freeing tension in the scalp and activating the opportunity for inspiration and fresh ideas.

**New Beginnings Facial**

Just as nature awakens from its slumber, your skin deserves a fresh start. Experience the healing touch of a gua sha massage, which gently sweeps away tension, releases blockages, and promotes the body’s natural detoxification process. This ancient technique encourages the flow of energy, fostering skin health and vitality.

**Ideas Emerge Meditation**

Through this guided meditation, you will be linked with the energy of your ideas and intentions, empowering you to visualize, nurture, and shape them into your intended reality.





## SKINCARE

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

### Mii amo Facial

After an assessment of your skin type and any concerns, your esthetician will create and deliver a custom protocol to address your skin's needs. A variety of purposeful techniques including guasha, micro current, multi wave light technology and products are selected to hydrate and reduce inflammation.

### Cupping Facial

This unique method uses cups to increase circulation and stimulate collagen production which can minimize puffiness and reduce the appearance of fine lines while easing muscle tension and promoting whole health.

### Lymphatic Facial

Working to stimulate the lymphatic system, this facial focuses specifically on detoxification, enhancing blood circulation and delivering fresh oxygen to tired, overworked skin.

### Gentlemen's

Designed to address the special needs of men's skin, this facial considers the effects of daily shaving and how it can sensitize skin.

## 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. A tension-releasing face and scalp massage complete this experience.

### 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

This Ayurvedic treatment addresses your unique constitution (Dosha). It begins with a scent journey of three Dosha-balancing oils. Light, rhythmic strokes soothe the skin while preparing you for a warm, detoxifying, herbal-infused wrap. An energy-opening Ayurvedic Marma- Point facial massage finishes this experience.

## 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.

### Traditional Thai

Performed on a traditional Thai floor mat, this ancient practice increases range of motion in joints and muscles. It combines passive stretching, yoga-like positions, and compression along energy lines to improve flow. This service requires you to be clothed, so please arrive wearing loose-fitting, comfortable clothing.

# 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.

### Labyrinth Walk

A quiet, meditative mind can be hard for some to achieve. An outdoor meditation through our labyrinth is an excellent way to clear the mind and ‘move’ into a meditative state.

### 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.

### Earth’s Embrace

High, nervous energy makes it difficult for the nervous system to fully relax. In this healing experience, warm basalt stones are laid around your body creating compression and beginning the process of calming the nerves. The stones surround you with Earth’s grounding embrace, from which you may emerge centered and with greater fluidity to navigate life.

### 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

**March 13 and 14, April 11 and 12  
May 11 and 12**

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

**March 28 and 29, April 26 and 27  
May 25 and 26**

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.

## SPRING EQUINOX CELEBRATION

**March 20, 12:00 pm – 1:00 pm  
Labyrinth**

Spring is a season of renewal, marked by new growth and beginnings. Seeds are planted, trees and flowers bud, and life becomes more active. The Spring Equinox, with increasing daylight, symbolizes the return of light and life. It’s an ideal time to focus on new projects, eliminate what no longer serves you, and find balance in life.





# 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

<b>Yin Yoga</b> 6:30 – 7:30 am	<b>Cardio Tennis at Enchantment</b> 10:00 – 11:00 am, Advanced Reservation Required	<b>Gentle Flow Yoga</b> 4:10 – 5:10 pm
<b>Morning Ritual</b> 7:50 – 8:05 am & 8:10 – 8:25 am, Crystal Grotto	<b>Restorative Yoga</b> 10:50 – 11:50 am	<b>Mii amo Welcome Reception</b> 4:30 – 5:00 pm, Journey Lounge
<b>Mii amo Departure Ritual</b> 8:40 – 9:10 am, Crystal Grotto	<b>Vortex Lecture</b> 1:50 – 2:50 pm, Labyrinth	<b>Mii amo Ritual</b> 5:15 – 5:45 pm, Crystal Grotto
<b>Bosu Blast</b> 9:30 – 10:30 am	<b>Mindfulness Through Breath</b> 3:00 – 4:00 pm	<b>Evening Sound Meditation</b> 6:10 – 6:40 pm, Crystal Grotto

MONDAY

<b>Morning Stretch</b> 6:30 – 7:30 am	<b>Mat Pilates</b> 9:30 – 10:30 am	<b>Juicing</b> (Advanced Reservation Required) 3:00 – 4:00 pm, Juice Bar
<b>Morning Ritual</b> 7:50 – 8:05 am & 8:10 – 8:25 am, Crystal Grotto	<b>Intro to Pickleball at Enchantment</b> 10:00 – 11:00 am, Advanced Reservation Required	<b>Yin Yoga</b> 4:10 – 5:10 pm
<b>Labyrinth Walk</b> 8:40 – 9:10 am, Labyrinth	<b>Yoga for Longevity</b> 10:50 – 11:50 am	<b>Power Plate Plus</b> (Advanced Reservation Required) 4:30 – 5:00 pm, Fitness Studio
<b>Canyon Vortex Walk</b> 9:00 – 10:00 am, Enchantment Trail House Advanced Reservation Required	<b>Let’s Talk Nutrition</b> 1:50 – 2:50 pm, Living Room	<b>Healthy Back</b> 5:30 – 6:00 pm
		<b>Evening Meditation</b> 6:10 – 6:40 pm, Crystal Grotto

TUESDAY

<b>Gentle Flow Yoga</b> 6:30 – 7:30 am	<b>Intro to Pickleball at Enchantment</b> 10:00 – 11:00 am, Advanced Reservation Required	<b>Restorative Yoga</b> 4:10 – 5:10 pm
<b>Morning Ritual</b> 7:50 – 8:05 am & 8:10 – 8:25 am, Crystal Grotto	<b>Hatha Yoga</b> 10:50 – 11:50 am	<b>Understanding Dreams</b> 5:20 – 6:00 pm, Crystal Grotto
<b>Aqua Fit</b> 8:00 – 9:00 am, Pool	<b>Healthy Habits for Longevity</b> 1:50 – 2:50 pm, Living Room	<b>Evening Meditation</b> 6:10 – 6:40 pm, Crystal Grotto
<b>Labyrinth Walk</b> 8:40 – 9:10 am, Labyrinth	<b>Intro to the Chakras</b> 3:00 – 4:00 pm	<b>Stargazing at Enchantment Circle</b> Time Varies, Check with Concierge
<b>Cardio Shred</b> 9:30 – 10:30 am	<b>History of Boynton Canyon</b> 4:00 – 4:15 pm, Enchantment Trail House	

WEDNESDAY

<b>Qi Gong</b> 6:30 – 7:30 am	<b>Cardio Tennis at Enchantment</b> 10:00 – 11:00 am, Advanced Reservation Required	<b>Spring Celestial Cycles</b> 3:00 – 4:00 pm
<b>Morning Ritual</b> 7:50 – 8:05 am & 8:10 – 8:25 am Crystal Grotto	<b>Foam Roller Fusion</b> 10:50 – 11:50 am	<b>Chakra Yoga</b> 4:10 – 5:10 pm
<b>Labyrinth Walk</b> 8:40 – 9:10 am, Labyrinth	<b>Chef’s Garden Experience</b> 11:00 am – 12:00 pm, Chef’s Garden Advanced Reservation Required	<b>Chanting</b> 5:30 – 6:00 pm, Crystal Grotto
<b>Pump It Up</b> 9:30 – 10:30 am	<b>Culinary Insights</b> 1:50 – 2:50 pm, Hummingbird Community Table Advanced Reservation Required	<b>Trail House Fireside Conversations</b> 6:00 – 7:00 pm, Trail House
		<b>Evening Meditation</b> 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

Mat Pilates

9:30 – 10:30 am

Intro to Pickleball at Enchantment

10:00 – 11:00 am, Advanced Reservation Required

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 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

9:00 – 10:00 am, Enchantment Trail House  
Advanced Reservation Required

Pump It Up

9:30 – 10:30 am

Cardio Tennis at Enchantment

10:00 – 11:00 am, Advanced Reservation Required

Power Plate Plus

10:10 – 10:40 am, Fitness Studio  
Advanced Reservation Required

Hatha Yoga

10:50 – 11:50 am

Let's Talk Nutrition

11:00 am – 12:00 pm, Living Room

Chef's Garden Experience

11:00 am – 12:00 pm, Chef's Garden  
Advanced Reservation Required

Mindfulness Through Breath

1:50 – 2:50 pm

Juicing (Advanced Reservation Required)

3:00 – 4:00 pm, Juice Bar

History of Boynton Canyon

4:00 – 4:15 pm, Enchantment Trail House

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

Aqua Fit

8:00 – 9:00 am, Pool

Labyrinth Walk

8:40 – 9:10 am, Labyrinth

Mat Pilates

9:30 – 10:30 am

Intro to Pickleball at Enchantment

10:00 – 11:00 am, Advanced Reservation Required

Yoga for Longevity

10:50 – 11:50 am

Intro to the Chakras

1:50 – 2:50 pm

Spring Celestial Cycles

3:00 – 4:00 pm

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

## TONING, YOGA & PILATES

### Mat Pilates

Improve posture, body alignment, muscle endurance, balance, coordination, and mental awareness with a workout that engages the entire core.

### 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.

### Hatha Yoga

Practiced at a slower pace with a focus on the breath, this gentle class incorporates a variety of poses and stretches designed to leave you feeling balanced and refreshed.

### Restorative Yoga

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

### 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.

### 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

### Bosu Blast

This fun and challenging total body workout utilizes the half-ball Bosu in various ways to improve balance, stability and strength.

### 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.

### Power Plate Plus *(Reservation required)*

This half hour class in the fitness studio will show you how the power plate can be worked into a workout to increase strength as well as neurological and lymphatic stimulation.

### Pump It Up

Shape and tone your entire body, increase core strength, burn calories and improve bone health. Strength training using weights and high repetitions – the secret to developing lean athletic muscle.

Fitness Hours 6:00 am – 9:30 pm

## LECTURES & PRESENTATIONS

### Spring Celestial Cycles

The spring season is a time of new beginnings, rebirth and rebalancing. In this group session we honor and welcome new visions for ourselves, our communities and our world. Learn breathing and writing techniques for balancing and harmonizing with nature.

### 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.

### History of Boynton Canyon

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.

### 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

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. Advanced reservation required.

### 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.



## Restore and Recharge

An individual service offered to the guest, which aims to significantly relieve, or remove excessive tension in soft tissues using percussive therapy, massaging balls, and other tools to restore optimal tone and increase body energy. Designed and intended for athletes of various sports, for people involved in fitness, and for people who just beginning their fitness journey.

## 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, kettlebells, 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.

## Unleashing Flexibility

A personalized service offered to the guests that aim to increase muscle flexibility, lengthen, and improve joint mobility and body alignment using percussive therapy, and other tools paired with yoga routines, pilates elements, stretching routines and individualized corrective exercises.

Designed for various athletes, professional dancers, for those who practice yoga and pilates; greatly suitable with people with a sedentary lifestyle, as well as with those who are recovering from injuries and muscle discomforts.

*\*Fitness and Wellbeing menu and pricing may change without notice. Shared services are available for select services for an additional \$50 per person*



## 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.

# 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.



## WINE 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 a delightful blend of vineyard exploration and exceptional wine tasting experiences, promising a memorable adventure for enthusiasts and connoisseurs alike.

### Vineyard Vista

*3 hours | \$250 per person, \$350 solo guests*

### Page Springs Winery Trail

*5 hours | \$350 per person, \$550 solo guests*

### Wings to Wine

Includes 1.5-hour Birding tour with Certified Audubon Society Guide  
*4 hours | \$300 per person, \$400 solo guests*



For more information, 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 SPRING HIKES

### Bird Watching Adventures

Enchantment Resort | 2 hours | \$205 per person  
Oak Creek Canyon | 4 hours | \$295 per person

### Hike the Red Rocks

2.5 hours | \$205 per person

### NEW! Quietude Hikes

2.5 hours | \$205 per person

## 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 | \$295 per person

### Cathedral Rock Vortex Experience

4 hours | \$295 per person

### Four Vortexes Experience

Up to 6 hours | \$375 per person

## PHOTOGRAPHY TOURS & CLASSES

### Red Rock Photography

2.5 hours | \$315 per person

### Creative Photo Tips

2 hours | \$255 per person

## PRIVATE STARGAZING

2 hours, \$400 (1 – 5 guests)

Embark on a unique adventure in Boynton Canyon, offering an unforgettable experience thru the wonders of the night sky with our resort astronomer.

## GRAND CANYON TOURS

Please reserve 48 hours in advance.

### South Rim Tour

\$1,500 per 2 person minimum

### Below the South Rim Hiking Tour

\$2,000 per 2 person minimum



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 | \$205 per person

### Ride the Red Rocks

2 hours | \$205 per person

## MOUNTAIN BIKE LESSONS

2 hours | \$205 per person

The Trail House offers mountain bike lessons for guests of all ages and skill levels, from beginner to advanced. Basic bike riding skills required.

## PIVOT MOUNTAIN BIKE RENTALS

\$85 half day, 7 am – 12:00 pm or 1:00 – 6:00 pm  
\$135 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 | \$95 per person

### Guided E-Bike Excursion

2 hours | \$205 per person



## SEDONA DRIVING TOURS

Embark on a leisurely adventure to explore some of the most awe-inspiring and frequently photographed vistas. Allow our seasoned local guides to curate a road-based tour, unveiling the wonders of Sedona's red rock formations.

### Premier Sedona Tour

2.5 hours, \$205 per person

### Premier Vortex Tour with Guided Meditation

3 hours, \$255 per person

## Trail House Fireside Conversations

### Wednesdays at Trail House

Complimentary, 6:00 – 7:00 pm

Join us for a casual conversation with our adventure guide of the week. Each session features a new guide and their unique area of expertise, offering you the chance to learn more about the area.

# 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  
11:00 am – 12:00 pm, Chef’s Garden  
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**

*Wednesdays, 1:50 – 2:50 pm  
Hummingbird Community 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 11:00 am – 12:00 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.

**Healthy Habits for Longevity**

*Tuesdays, 1:50 – 2:50 pm  
Thursdays, 3:00 – 4:00 pm  
Living Room*

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 acquire practical strategies for seamlessly incorporating them into your daily routine.

**Juicing Class**

*Mondays and Fridays, 3:00 – 4:00 pm  
Juice Bar, 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.

**THE JUICE BAR**

The Mii amo Juice Bar provides refreshing and nutritious beverages by day and full bar and wine service in the evenings.

Hours 6:00 am - 9:00 pm



# Artistic Activities



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

## Beading

*\$85 per person, 1 – 2 hours*

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 Mixed Media

*\$165 per person, 2 hours*

Explore the many possibilities of expression through mixed media. Guided by experienced instructors, learn techniques to blend different mediums, creating depth, contrast, and visual interest in your work. Whether you are a seasoned artist or a beginner eager to explore a new form of self-expression, mixed media allows guests to experiment with various methods and mediums to discover what resonates.

## Drawing in Nature

*\$165 per person, 2 hours. Weather permitting.*

Explore the beauty of nature from an artist's perspective. Meander along Enchantment's pathways to discover the elements and textures of the high desert. From the towering sandstone red rocks to cacti and juniper bark, connect to nature while building your observation and drawing skills.

## Exploring the Acrylic Palette

*\$165 per person, 2 hours*

An ideal class for beginning painters, allow our artist instructors to teach you how to work with this versatile, bright and bold medium. Learn beginner to advanced acrylic painting methods including underpainting, glazing and textural effects.

## Pastel Perspectives

*\$165 per person, 2 hours*

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.

## Southwest Pottery Glazing

*\$85 per person, 1 – 2 hours*

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

## Tree of Life

*\$115 per person, 2 hours*

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

*\$165 per person, 2 hours*

Learn how to capture the stunning red rock scenery in watercolor from our resident artist.



## Wheel Thrown Pottery

*\$225 per person, 2 hours*

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 in this memorable, hands-on experience with expert instruction for all skill levels.

## Hand Building Clay

*\$225 per person, 2 hours*

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.

Enjoy a glass of our sommelier's choice of wine during the art classes listed above.

Available to guests 21+. \$20 per glass

*\*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.*

# Crystal Grotto



## A Meditative Space

One of the most beloved spaces of the original Mii amo, the Crystal Grotto is an ideal site for daily meditation and reflection.

This circular space, with its earthen floor and domed ceiling, centers around a pedestal of petrified wood featuring a gentle fountain and an illuminated quartz crystal. Lit by an aperture overhead, it is designed so that once a year, on the summer solstice, a beam of sunlight strikes the crystal, connecting earth and sky.

# Explore Sedona

Please contact the concierge 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