

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.



Photo // Joe Fletcher



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 Resort:
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 13 and 14, January 12 and 13
February 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

**December 1, 29 and 30, January 28 and 29
February 26 and 27**

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

**December 14, 15 and 16, January 12, 13 and 14
February 11, 12 and 13**

\$275 per person, Trail House at Enchantment Resort
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

**December 29, 30 and 31, January 28, 29 and 30
February 26, 27 and 28**

\$275 per person, Trail House at Enchantment Resort
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.

Winter Storytelling

December 5, 12 and 19

8:00 - 9:00 pm, Living Room

Join us for a cozy evening by the fire for Winter Storytelling. Our professional storyteller will take you on a journey into a world of imagination, weaving together a rich tapestry of narrative, culture, and shared experience. Explore themes of hope, renewal, and togetherness as we delve into seasonal and winter solstice tales that invite reflection on the season's significance.

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 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.

Winter Celestial Cycle Spa Services

Available December 1st thru February 29th

Winter is centered in wisdom. It is a time to reflect, go within and share experiences and personal insights.

Reflection Massage

Invoke the power of fire, connecting with the fire element, by lighting a candle. Smudging with sweet grass inspires wisdom and self-reflection, warm stones offer comfort and relate to the fire and wisdom within us.

Centered-in-Wisdom Facial

Step into winter and allow yourself to reflect and regenerate your spirit. Radiating beauty and comfort, enjoy a soothing and moisturizing treatment for your feet along with your facial.

Going Within Meditation

Connect with your inner self to find solace in this internal refuge where the fire element resides, ready to purify and reset your being. This guided meditation is an invitation to harness the power of this inner fire, transforming it into a force for self-discovery and renewal.



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

**December 13 and 14, January 12 and 13
February 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

**December 1, 29 and 30, January 28 and 29
February 26 and 27**

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 composes into the powerful and grounding earth.

WINTER SOLSTICE CELEBRATION

**December 21, 11:30 am and 12:00 pm
Crystal Grotto**

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 the Winter Solstice 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

Morning Ritual

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

Mii amo Departure Ritual

8:30 – 9:00 am, Crystal Grotto

Bosu

9:30 – 10:30 am

Restorative Yoga

10:50 – 11:50 am

Cardio Tennis at Enchantment

11 am – 12:00 pm, Advanced Reservation Required

Vortex Lecture

1:50 – 2:50 pm, Living Room

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 Ritual

5:20 – 5:50 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

Mat Pilates

9:30 – 10:30 am

Canyon Vortex Hike

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

Advanced Reservation Required

Yoga for Longevity

10:50 – 11:50 am

Intro to Pickleball

11:00 am – 12:00 pm, Enchantment Tennis Court

Advanced Reservation Required

Let's Talk Nutrition

1:50 – 2:50 pm, Living Room

Juicing (Advanced Reservation Required)

3:00 – 4:00 pm, Juice Bar

Yin Yoga

4:10 – 5:10 pm

Unwind with Stretch & Breath

5:30 – 6:00 pm

Evening Meditation

6:10 – 6:40 pm, Crystal Grotto

Luminary Labyrinth Walk (December only)

7:00 – 7:30 pm, Labyrinth

TUESDAY

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

Hatha Yoga

10:50 – 11:50 am

Intro to Pickleball

11:00 am – 12:00 pm, Enchantment Tennis Court

Advanced Reservation Required

Healthy Habits for Longevity

1:50 – 2:50 pm, Living Room

Intro to the Chakras

3:00 – 4:00 pm

History of Boynton Canyon

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

Restorative Yoga

4:10 – 5:10 pm

Sound Immersion (December only)

4:10 – 4:40 pm, Living Room

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

Labyrinth Walk

8:40 – 9:10 am, Labyrinth

Pump It Up

9:30 – 10:30 am

Foam Roller Fusion

10:50 – 11:50 am

Cardio Tennis at Enchantment

11 am – 12:00 pm, Advanced Reservation Required

Chef's Garden Experience

11:00 am – 12:00 pm, Chef's Garden

Advanced Reservation Required

Nourish: Culinary Insights

1:50 – 2:50 pm, Hummingbird Community Table

Advanced Reservation Required

Winter Celestial Cycles

3:00 – 4:00 pm, Crystal Grotto

Chakra Yoga

4:10 – 5:10 pm

Chanting

5:30 – 6:00 pm, Crystal Grotto

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

8:30 – 9:00 am, Crystal Grotto

Bosu

9:30 – 10:30 am

Hatha Yoga

10:50 – 11:50 am

Intro to Pickleball

11:00 am – 12:00 pm, Enchantment Tennis Court

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

5:20 – 5:50 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

Pump It Up

9:30 – 10:30 am

Canyon Vortex Hike

10:00 – 11:00 am, Enchantment Trail House
Advanced Reservation Required

Restorative Yoga

10:50 – 11:50 am

Cardio Tennis

11:00 am – 12:00 pm, Enchantment Tennis Court
Advanced Reservation Required

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

Luminary Labyrinth Walk (December only)

7:00 – 7:30 pm, Labyrinth

SATURDAY

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

Mat Pilates

9:30 – 10:30 am

Yoga for Longevity

10:50 – 11:50 am

Intro to Pickleball

11:00 am – 12:00 pm, Enchantment Tennis Court
Advanced Reservation Required

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

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.

Unwind with Stretch and Breath

A half hour class to help you unwind from the day. Discover how stretching and breathing techniques can prepare you for a restful night's sleep.

STRENGTH & CARDIO

Bosu

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

Canyon Vortex Hike

Join the expert guides at Trail House at Enchantment for a short hike into the awe-inspiring wilderness of Boynton Canyon. Immerse yourself in the captivating vortex energy unique to this canyon. Delve into the area's flora, fauna, and geology, culminating in a guided meditation. Advanced reservation required.

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

Practice tennis drills on Enchantment Resort's professional-grade tennis courts. This class offers a variety of cardio drills for intermediate to advanced players. Advanced reservation required.

Intro to Pickleball

This class is designed for players interested in learning the basic skills and rules of the game. Advanced reservation required.

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

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.

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.

Nourish: Culinary Insights

Join our Registered Dietitian to discuss ingredients and explore how simple it can be to prepare meals that may enhance our quality of life. Advanced reservation required.

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 over tea, where we can engage in open discussions 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 Resort 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 WINTER HIKES

Sunset Hike the Red Rocks
2.5 hours | \$205 per person

Half Day Hiking Adventure
4 - 5 hours | \$325 per person

VORTEX HIKES

Canyon Vortex Hike
1 hour | Complimentary | Trail House
10:00 - 11:00 am, Mondays and Fridays
Advanced Reservation Required

Bell Rock Vortex Experience
4 hours | \$295 per person

Boynton Canyon Vortex
4 hours | \$295 per person

Cathedral Rock Vortex Experience
4 hours | \$295 per person

Table Top 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

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



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

Pivot Cycles is one of the most desirable and innovative mountain bike brands on the market. Based in Tempe, Arizona, its trail and all-mountain bikes have won numerous Bicycling Editors' Choice awards.

We have a fleet of premium mountain bikes available for rent. An expert guide will fit you to the bike and recommend trails for your skill level.

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.



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

Stay Hydrated

Hydration in desert climates should be a top priority for hikers and bikers. Plan on drinking one liter of water per hour while hiking or biking.

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, plant care and composting. Includes a tasting of seasonal produce freshly prepared at our community garden table.

Nourish: Culinary Insights

*Wednesdays, 1:50 – 2:50 pm
Hummingbird Community Table
Advanced Reservation Required*

Join our Registered Dietitian to discuss ingredients and explore how simple it can be to prepare meals 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 over tea, where we can engage in open discussions 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 Resort. 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.

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

Available to guests 21+. \$20 per glass

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.



Mii amo Creative Hour

*Saturdays, December only
11:30 - 12:30 pm, Artist Cottage
Complimentary. Please reserve in advance.*

Explore ways to calm the nervous system and foster a sense of wholeness through art, highlighting the importance of meditation and intuition in this creative process.

Coming this Winter...

Pottery Throwing
Hand Building Clay
Please inquire for details.

**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

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 Resort 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

Mii amo

525 Boynton Canyon Road, Sedona, Arizona 86336
928.203.8500 | miiamo.com