

# Sedona Journey

## Itinerary

(Subject to change)

### Day 1: 9-4pm

**9:00am:** Meet at the top of Airport Mesa. As a group, we will carpool to New Frontiers to buy food & water.

**10 am:** We will journey up Oak Creek canyon to *West Fork* national park.

**11-4pm:** We will journey into the beautiful forest at West Fork where we will learn techniques for clearing the energy field and stimulating the Yin meridians of the body for healing and rejuvenation. West Fork is vital with chi energy. The trails are easy and wind back and forth across Oak Creek.

#### **6pm: Sweatlodge Ceremony (Optional)**

Native American Sweatlodge Ceremony is provided by local native Mario Cruz, weather permitting. Mario offers a light dinner after the lodge. It is customary in Native American tradition to gift a sweatlodge leader. Recommended offering is \$30. Sage and tobacco is also customary.

### Day 2: 10-5pm

**10am:** Meet at New Frontiers with a packed lunch, ready to go.

**10:30am:** We will carpool to the entrance of *Steamboat Rock*, located part-way up Oak Creek Canyon. It's a thirty minute hike on winding trails to get to the base of the mountain.

**11:30- 5pm:** We will ascend Steamboat Mountain, a rigorous climb with inspiring views! If you have fear of climbing or your physical abilities, don't worry. Your guides will support you all the way.

At the top of Steamboat, we will participate in group "Unwinding" energy healing exercises that will help you clear accumulated stress, fear and body memory. We will finish the day with a group meditation before descending the mountain.

### Day 3: 10-5pm

**10am:** Meet at New Frontiers with a packed lunch, ready to go.

**10:30am:** We will journey to the base of *Cathedral Rock* (creek side access) and participate in a special program provided by local earth shaman, Amalia Camateros that will open and clear your chakra energy centers.

**12:30 – 3:30:** We will take a short hike to a special location at the side of Oak Creek. With running water surrounding us, we will participate in group healing exercises to help you clear stress and restore calm, peace and harmony within you.

We will finish with a Native American Pipe Ceremony provided by Bob "Lightning Hawk" Smith (optional). Bob also provides Spirit names by request. Gift to Bob: Sage, Tobacco, or \$ are optional and customary to provide ceremony leaders.

### Day 4: 10-5pm

**10am:** Meet at New Frontiers with a packed lunch, ready to go.

**10:30am:** We will carpool to Vortex Triangle – an incredibly powerful area formed by Little Bell Rock, Courthouse Butte and Big Bell Rock.

**11-4pm:** Within the Triangle we will participate in an Inner Guide exercise, Group & Self Unwinding exercises and finish with a group meditation and optional Pipe Ceremony.

**7pm:** Hot tub social at Jonathan' guest house (optional). Please bring a small dish and bathing suite (optional).