

WOMEN WELL AND WISE. Sedona Retreat
November 8-11 2019

Itinerary



DAY ONE: Friday, November 8

Afternoon:

12:30 PM -2:00 PM

Welcome Gathering and Introductions
Arroyo Roble Retreat Gathering Space (ARRGS)
100 Arroyo Roble Rd— Unit
Creating our sacred circle-

Experiential workshop: Crystals 101 (Lisa)

2:30 PM-5:00 PM

Vortex Yoga Hiking with Yogi Blair Red Rock State Park
• crystal clearing and programming

Evening:

6:30 PM

Curried Chicken/pea pods and salad Dinner with group at ARRGS
Conversation on the “well and wise women”-

- Your mandala, healthy habits, personal awareness, wellness, and self care. (Laila)

Body Scan

Yoga Nidra (Laila & Lisa)

DAY TWO: Saturday, November 9

8:00 AM

Tea and coffee at ARRGS

Morning:

9:00 AM to 11AM

Hike Courthouse Butte including releasing ceremony with crystals.
Hike Bell Rock including manifesting ceremony with crystal and intentions.

11:30 AM 12:00 PM

Watercise with Laila

Free Time for lunch and personal experiences: massage, body work, shopping...

Afternoon:

2:30 PM- 4:00 PM

Visit the Amitabha Stupa and Peace Park
Anointing ceremony

Stop for a snack/ bathroom break (Whole Foods)

4:30 PM to 5:45 PM

Airport Mini Mesa 5:30 sunset
Healing meditation/ chakra reflection/ oracle card

Evening:

7 PM

Mediterranean Salad with sautéed shrimp & chicken
conversation no stress and the effects on the mind body and spirit.
at ARRGS

Day Three: Sunday November 10

8:00 AM

Coffee and Tea at ARRGS

Morning:

9:00 AM-11:30 AM

Inner Journey experience with Kurt

Crystal shopping at the Magic Crystal

Free time for lunch on your own and body work, shopping

Afternoon:

2:00 PM-3:30 PM

Visit Chapel in the Rocks

- Dinner out Mariposa 5:30 reservation meet (5:15 to see sunset) pictures

Evening:

Closing ceremony at ARRGs

Despacho Ceremony

DAY FOUR: Monday, NOVEMBER 11

Departure

Morning Hike 8:00AM (optional)

Coffee, Tea, and Fruit at ARRGs