

# WOMEN WELL AND WISE. Sedona Retreat

September 13 to 17, 2018

## Itinerary

### ARRIVAL: Thursday, September 13

#### Evening:

Welcome Gathering and Introductions

Conversation around-Personal awareness, wellness, and self care.

Arroyo Roble Retreat Gathering Space (ARRGS)

100 Arroyo Roble Rd

### DAY ONE: Friday, September 14

Continental Breakfast at AARGS

Sunrise Stretch with Laila

#### Morning:

Vortex Hike and QiGong/Yoga with Yogi Blair

#### Afternoon:

Crystal workshop with Lisa at ARRGS

Sunset Hike and meditation to Airport Mesa, Little Mesa.

#### Evening:

Southwest themed Dinner with group at ARRGS

followed by divination card readings and reflections, evening meditation

### DAY TWO: Saturday, September 15

Continental Breakfast at ARRGS

Sunrise watercise with Laila.

#### Morning:

Hike Courthouse Butte Including releasing ceremony with crystals.

Hike Bell Rock including manifesting ceremony with crystal and intentions.

#### Afternoon:

Visit the Amitabha Stupa and Peace Park

Anointing ceremony



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

**Evening:**

Tapas and conversation at ARRGs

**Day Three: Sunday September 16**

Continental Breakfast at ARRGs

Sunrise power walk with Laila

**Morning:**

Inner Journey experience with Kurt

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

**Afternoon:**

Visit Chapel in the Rocks and soak in the energy at Buddha Beach

- Dinner

**Evening:**

Closing ceremony at ARRGs

Despacho Ceremony

**DAY FOUR: Monday, September 17**

**Departure**

Continental Breakfast at ARRGs

Check out more info on the hikes, ceremonies and more.....

### **Sunset Hike Airport Mesa, Mini Mesa:**



This is an easy hike along a modest formation to savor Sedona at sunset. There is no other hike in the Sedona area that offers such awe-inspiring views, especially at sunset. We will experience a 360-degree panorama featuring almost every major red-rock landmark. This Mini-Mesa is believed to be the site of a Sedona vortex, allowing you to experience the concentrated energy rising from the earth at this magical site. Many believe that the vortex is also a portal for celestial and terrestrial spirits, and experience a range of sensations—from a slight tingling on exposed skin to a vibration emanating from the ground. A sound meditation will be offered as we await the setting sun. This will be a visually and energetically memorable evening.

### **Courthouse Butte Hike and Ceremony:**

This picturesque Butte reigns majestically over Bell Rock. The energy at this vortex is predominately ying, helping us to release old patterns and beliefs as we walk around the Butte and drink in its beauty. Sheer walls slope upward toward the heavens. Desert gardens cling to the rocky crevices. The colors and contours are ever changing. If we're lucky, we may even spot a Gambel's quail skittering beneath the junipers or amidst the abundant Arizona Plump agave, yucca, sotol and manzanita plants. The Courthouse Butte Loop is about four miles long in a total, but it's a moderate hike that can be completed in less than two hours.

We will have a special ceremony in this ying vortex to release what no longer serves us, and will leave a crystal given to the Mother Earth to help deepen our letting go.

### **Bell Rock Hike and Ceremony:**



Sitting in the shadows of Courthouse Butte, Bell Rock is an easy hike that will allow us to gaze upon the breadth and beauty of its unusual geological formations. Our pathway will head out directly toward Bell Rock and through some lovely upland desert—stands of juniper with a few pinon pine mixed in, yucca and agave, and thickets of manzanita. Bird song rings out from every direction. We will be able to experience the yang energy at this

vortex. As you take this hike, you will begin the process of manifesting your new ideas and thoughts. We'll enjoy a ceremony which will focus on energizing using our crystals and leaving our positive intentions in this magnificent yang vortex.

### **Red Rock Crossing/Buddha Beach:**

Buddha Beach is truly a special place, located near the Crescent Moon Picnic Area, otherwise known as Red Rock Crossing. It's the site of a strong feminine vortex and source of ying energy. Buddha Beach sits next to Oak Creek and is filled with hundreds of cairns, man-made piles of stones stacked one on top of



another. It seems endless, surreal, and whimsical all at once. You can't help but be enchanted—and maybe even giggle to yourself—as you meander through the area. You may even be tempted to make a cairn of your own, setting your intentions. Make sure to bring your suit and towel in case you want to take a dip.

### **Amitabha Stupa and Peace Park Stupa:**



Nested amidst the stunning red rock, the Stupa is a sacred place for meditation and spiritual renewal. It sits on 14 pristine acres at the base of Thunder Mountain, a land deemed holy by native peoples. According to Lillian Too, world-renowned Feng Shui master, the land is perfect for its intended purpose—spiritual transformation and healing through the extraordinary architecture and geometry of the stupa. There are actually two stupas here —The Amitabha Stupa and the Tara Stupa. These fully empowered and consecrated stupas rise majestically among the pinion and juniper pines, surrounded by a crimson garland of rocky pinnacles.

### **\*Anointing Ceremony at the Stupa:**

Essential oils are crystalline structures that carry energy, light and information in the form of fragrant oil. These oils have been proven to benefit the immune, nervous, circulatory, digestive and more subtle systems of the physical body, as well as expand the auric field and consciousness of the individual. These oils are the life force of most plants, and their chemical structure is similar to our own cells and tissues. As a result, the oils can penetrate cell membranes and diffuse into blood and tissue very quickly. In our ceremony, we will primarily use two oils. First, we'll use frankincense, which is known as the "Oil of Truth" because it reveals deceptions and falsehoods. It invites the individual to let go of lower vibrations—like insults and negativity—and helps bring new perspectives based on integrity and enlightenment.

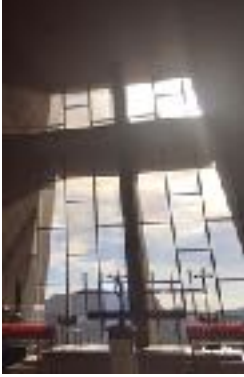
Frankincense is a powerful cleanser of the spirit. Next, we'll use lavender oil to help us move out of fear and into TRUST and faith. It will make you feel safe and allow your vibration and energy the freedom to set intentions from a space of serenity.

### **Vortex Hike and Yoga**

This multi-sensory journey will begin by launching us into the red rocks through its beautiful nature. Upon arrival at our specially selected location, we'll practice yoga with a small integrated portion of QiGong. Our time likely will be split between yoga and hiking, about 60 – 90 minutes each, with Yogi Blair allowing time for a brief meditation, visualization, and breathing exercises to enhance our experience. Experience will end with homemade chocolate meditation.



## Chapel of the Holy Cross:



This amazing chapel is was built on the side of the Red Rocks 200 feet from the ground in 1956. It is a magnificent structure with a 90 foot cross dividing the sanctuary window that showcases the surrounding Red Rocks. The sunlight streaming through the stained glass window is likely to make you appreciate the glory of nature. There is a true uplifting feeling when you sit quietly inside the chapel.

## Inner Journey with Kurt

This dynamic healing session will blend visualization with sacred sounds of vocal toning and specialized tuning forks to gently cleanse our seven primary chakras of the emotional residue and harmful stress often caused by modern living. Once your old and stagnant energy is released, we will seek to rebalance each chakra by restoring your inflow of good energy and re-attuning you to your own personal life force. This sound healing session will naturally guide you toward feeling calmer, more centered, and more positively energized.



## Exploring Crystals

Looking for the perfect combination of crystals but not sure which to pick? This workshop will introduce you to the magic and power of crystals and pendulums. You will come to understand the subtle energy of crystals, how to pick the most beneficial ones for you, care for them, and apply them to your personal healing. Crystals are wonderful to use in meditation, chakra-balancing, protection, and manifesting and rejuvenating your energy, while pendulums can assess your energy and answer some of your questions. You can then take your newfound knowledge and explore Sedona to find your special crystals and pendulum.

