

2 Day Reboot and Renew Retreat

Awaken & Ignite your Health and Dreams:

Life is not linear but a series of twists and turns, ups and downs. This makes it more interesting but sometimes very challenging. Sometimes the twists or downs can cause blocks. This self care workshop designed to help you balance your chakras through movement, meditation, crystal and energy healing. Learn about the Ayurvedic 7 chakra energy system and the role it plays in health and wellbeing.



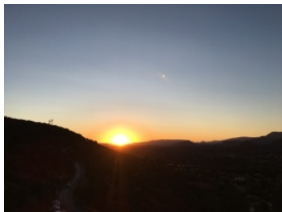
Inner Journey with Kurt

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.



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.



Medicine Wheel — Inner Journeys

Explore the inherent wisdom of Nature and learn how her elements and energies apply to your life through the teachings of the sacred medicine wheel. Revered as a tool for



enlightenment the medicine wheel ceremony brings awareness to the inter-connectedness of ALL- life and to the ways in which we can use this energy to heal ourselves and to gain a deeper understanding of the spiritual energies of life. During our sharing we will discuss how each of the seasons, elements and animals are working together, guiding us towards wholeness while revealing which natural energies are presently affecting our life experience. These teachings are great for anyone wishing to deepen their connection with Spirit and develop greater self-awareness.

Morning Hike and Meditation:

The art of walking meditation is to learn to be aware as you walk, to use the natural movement



of walking to cultivate mindfulness and wakeful presence. Hike in silence allowing the awakening of a new day to open your awareness of your senses. Sometimes too much chatter keeps us from understanding what our soul wants. The energy of Sedona helps to deepen this understanding. You will experience being truly present, to bring your body, heart and mind together as you move through your life.