

# Women Well and Wise in Sedona 2019



Sedona is known for Her majestic natural beauty and is brimming with amazing transformative energy. Each of us has experienced the magic of Sedona in our own personal journeys. We are thrilled to have created and to be able to share 2 empowering retreats to help you achieve better health, greater life satisfaction, improved vitality/energy and learn to reduce stress and negativity. We hope that you can join us for one of these retreats:

- **2 Day Reboot and Renew Retreat (RR), November 5-7**
- **3 Day Release, Restore, and Renew Retreat (RRR), November 8-11**

Each retreat has specific activities designed to help you experience Sedona to its fullest, go inward and start to cultivate your best self. Depending on where you are in your personal journey, one of these two retreats may be what you need:

- **The 2-day Reboot and Renew Retreat, (RR).** This retreat begins on Tuesday evening, November 5 and ends Thursday afternoon, November 7. RR Retreat is for anyone who is already on their journey of self-exploration, but feels that “life gets in the way” with too much stress, burdening demands, or personal health issues. Come to Sedona to reboot, renew and reengage by deepening your self-awareness, spirituality, self-care and compassion. It will be a time to draw inward and allow the energy of Sedona and other women in group help guide you back on track to your best self. Included in retreat are:
  - **Opening and closing ceremonies**
  - **Healing Reboot and Hikes:**
    - **Yoga Nidra for Women**, including Stress Relief and Healing, includes sound healing, Reiki and essential oils
    - **Sound healing and hike** with local healer from *Inner Journey*
    - **Healing meditation and Reiki** at the Mini Airport Mesa
    - **Native American Medicine Wheel** experience with local healer
    - Journaling for healing
  - **Workshops:**
    - **Going Deeper: Chakra Clearing and Healing** (crystals and take home “how to” clear chakras instructions)
    - **Your Best Self: Dreams Yet to Come** to develop take home action plan.
  - **Fitness:**
    - Watercise sessions
    - Personal fitness consultation
  - Morning beverages, snacks and a dinner
  - Local transportation
  - Cost \$595
- **The 3-day Release, Restore and Renew Retreat, (RRR).** This retreat begins on Friday afternoon, November 8 until Monday morning, November 11. **RRR Retreat** is great and transformative for anyone who wants to focus on exploring beliefs that may be holding you back- mentally, physically, and spiritually and then creating new beliefs and behaviors to help move you forward. Through various experiences and workshops you will begin to release old beliefs, learn to manifest new ideas, hopes and dreams, and have new tools to fulfill your

desires. Using the powerful energy of Sedona, local healers and the support of other women in the group, you will be able to enhance your personal transformation. Included in retreat are:

- **Opening and closing ceremonies**
- **Workshops:**
  - ***Understanding and Using Crystals*** with a trip to the local crystal shop
  - ***Cultivating Healthy Habits***-personal awareness of blocks, self-care tools and wellness strategies, personalized take home plan
- **Hikes and Healing**
  - Guided hikes around some of the powerful vortexes (natural energy centers) such as the Release and Manifest Hike, Hike with Yoga and Qi Gong in the Red Rocks with a local healer, Hike with Meditation with *Inner Journeys* local healer
  - Healing ceremonies
  - 30 Minute Reiki Session
  - Meditations
- **Fitness**
  - Watercise sessions
  - Personal fitness consultation
  - Yoga stretch
- Morning beverages, snacks and two dinners
- Local transportation
- Wellness bag
- Cost \$1150-

Accommodations are not included in the retreat fee. Our retreat center is in the heart of Uptown Sedona at the Arroyo Roble Resort, within walking distance of several hotels. Once you arrive in Sedona, we'll provide transportation to each of the activities offered throughout the retreat. Please feel free to bring a friend and share a room.

Space is limited to 8 women on this wonderful journey of self-exploration and healing. **Registration closed September 1, 2019.** For **registration and details** about the retreat, please visit "Sedona" at [SoaringSpiritReiki.com](http://SoaringSpiritReiki.com) or call Lisa at 508-277-6391 or Laila at 508-397-4069 with any questions.

Last September we were honored to share Sedona, our knowledge and experiences with 6 amazing women. Despite record heat last September, our group opened themselves up to trust their inner wisdom. They took their experience back home with them to begin to make meaningful changes in their lives. We feel honored to have shared this with them and cannot be more proud of all that they have accomplished. We love hearing how they continue to make changes!

We are so excited for you to **EXPERIENCE** Sedona, so fully and deeply, with us.

Blessings,

*Laila and Lisa*