

Winter

 **ENCHANTMENT RESORT**  
Miramo a destination spa at Enchantment  
ACTIVITIES SCHEDULE

**Concierge Service**

Our Concierge Desk is available from 7am to 7pm daily for your convenience. Please contact the desk at ext. 303 to make dinner and tour reservations, and for more information regarding resort activities.

**Monday**

7:00-7:25 Sunrise Stretch - Mvt. Studio  
7:30-8:15 Fitness Walk - Mii amo Lobby  
8:15-8:25 Morning Ritual - Crystal Grotto  
8:30-9:25 Bosu - Mvt. Studio  
9:00-11:30 Hike the Red Rocks\* - Mii amo  
9:00-10:55 Creative Photography  
- Concierge Lobby  
9:30-10:55 Hatha Yoga - Mvt. Studio  
10:00-10:55 Drills with Thrills - Pro Shop  
11:00-11:55 Pilates Ball - Mvt. Studio  
12:00-12:55 Structural Lengthening  
- Mvt. Studio  
1:00 -1:55 Makeup Lecture - Mii amo Library  
2:00-2:55 Native American Flute - Tipi  
3:00-4:00 Cooking Demo\* - Mii amo Café  
4:00-4:55 Restorative Yoga - Mvt. Studio  
4:00-4:55 Organic Gardening & Composting  
- Mii amo Lobby  
5:00-5:25 Guided Meditation - Crystal Grotto

**Thursday**

7:00-7:25 Sunrise Stretch - Mvt. Studio  
7:30-8:15 Power Walk - Mii amo Lobby  
8:15-8:25 Morning Ritual - Crystal Grotto  
8:30-9:25 Bosu - Mvt. Studio  
9:00-11:30 Hike the Red Rocks\* - Mii amo  
9:30-10:55 Hatha Yoga - Mvt. Studio  
10:00-10:55 Tennis Fundamentals - Pro Shop  
11:00-11:55 Boot Camp - Mvt. Studio  
2:00-2:55 Walk to the Ruins - Mii amo Lobby  
3:00-4:00 Wine Tasting\*  
- Yavapai at the Village  
4:00-4:55 Gentle Flow Yoga - Mvt. Studio  
5:00-5:25 Guided Meditation - Crystal Grotto  
7:00-7:55 Evening Lecture - Mii amo Library

**Sunday**

7:00-7:25 Sunrise Stretch - Mvt. Studio  
7:30-8:15 Fitness Walk - Mii amo Lobby  
8:15-8:25 Morning Ritual - Crystal Grotto  
8:30-9:25 Qigong - Mvt. Studio  
9:00-11:30 Hike the Red Rocks\* - Mii amo  
9:00-11:00 Mtn. Bike Excursion\*(S) - Mii amo  
9:30-10:55 Gentle Energy Yoga - Mvt. Studio  
10:00-10:55 Drills With Thrills - Pro Shop  
3:00-3:55 Pilates - Mvt. Studio  
4:00-4:55 Gentle Flow Yoga - Mvt. Studio  
5:00-5:25 Guided Meditation - Crystal Grotto

**Tuesday**

7:00-7:25 Sunrise Stretch - Mvt. Studio  
7:30-8:15 Power Walk - Mii amo Lobby  
8:15-8:25 Morning Ritual - Crystal Grotto  
8:30-9:25 Tai Chi - Mvt. Studio  
9:00-11:30 Hike the Red Rocks\* - Mii amo  
9:00-11:00 Mtn. Bike Excursion\*(S) - Mii amo  
9:30-10:55 Vitality Flow Yoga - Mvt. Studio  
10:00-10:55 Tennis Fundamentals - Pro Shop  
11:00-11:55 Aqua Fitness  
- Mii amo Indoor Pool  
11:00-11:55 Boot Camp - Mvt. Studio  
1:00-2:45 Vision Board Collage Making  
- Mii amo Library  
3:00-3:55 Get Your Back on Track - Mvt. Studio  
3:00-4:00 Journey of Teas\* - Mii amo Café  
4:00-4:55 Chakra Yoga - Mvt. Studio  
5:00-5:25 Guided Meditation - Crystal Grotto

**Friday**

7:00-7:25 Sunrise Stretch - Mvt. Studio  
7:30-8:15 Power Walk - Mii amo Lobby  
8:15-8:25 Morning Ritual - Crystal Grotto  
8:30-9:25 Zumba - Mvt. Studio  
9:00-11:30 Hike the Red Rocks\* - Mii amo  
9:00-10:55 Watercolors\* - Concierge Lobby  
9:30-10:55 Vitality Flow Yoga - Mvt. Studio  
10:00-10:55 Tennis Match Play - Pro Shop  
11:00-11:55 Aqua Fitness - Indoor Mii amo Pool  
11:00-11:55 Pilates Ball - Mvt. Studio  
11:00-1:30 Hike the Red Rocks\* - Mii amo  
1:00-2:45 Vision Board Collage Making  
- Mii amo Library  
2:00-2:55 Apache Teachings - Tipi  
3:00-3:55 Get Your Back on Track - Mvt. Studio  
3:00-4:00 Journey of Teas\* - Mii amo Café  
3:15-4:15 Makeup Lecture - Mii amo Library  
4:00-4:55 Chakra Yoga - Mvt. Studio  
5:00-5:25 Guided Meditation - Crystal Grotto  
7:00-7:55 Evening Lecture - Mii amo Library

**\*Advance Sign up Required**

To sign up for: Hiking, Mountain Biking, Journey of Teas or Cooking Demos please contact the Mii amo Front Desk at ext. 301.

*Due to Forest Service Regulations we are permitted to lead a very limited number of guests per day on the guided mountain bike and hiking excursions in the Coconino National Forest. We strongly encourage you to make reservations well in advance.*

**(S) Strenuous**

*Activity is high impact and guest is recommended to have previous experience*

**Wednesday**

7:00-7:25 Sunrise Stretch - Mvt. Studio  
7:30-8:15 Fitness Walk - Mii amo Lobby  
8:15-8:25 Morning Ritual - Crystal Grotto  
8:30-9:25 Zumba - Mvt. Studio  
8:30-9:25 Vortex Lecture & Walk  
- Mii amo Lobby  
9:00-11:30 Hike the Red Rocks\* - Mii amo  
9:30-10:55 Yogalates - Mvt. Studio  
10:00-10:55 Tennis Match Play - Pro Shop  
11:00-11:55 Circuit Training  
- Mii amo Fitness Room  
3:00-4:00 Cooking Demo\* - Mii amo Café  
4:00-4:55 Yin Yoga - Mvt. Studio  
5:00-5:25 Guided Meditation - Crystal Grotto  
6:00-6:30 Native American Documentary  
- Mii amo Library

**Saturday**

7:00-7:25 Sunrise Stretch - Mvt. Studio  
7:30-8:15 Power Walk - Mii amo Lobby  
8:15-8:25 Morning Ritual - Crystal Grotto  
8:30-9:25 Tai Chi - Mvt. Studio  
8:30-9:25 Vortex Lecture & Walk  
- Mii amo Lobby  
9:00-11:30 Hike the Red Rocks\* - Mii amo  
9:00-11:00 Mtn. Bike Excursion\*(S) - Mii amo  
9:30-10:55 Nature Walk - Concierge Lobby  
9:30-10:55 Yogalates - Mvt. Studio  
10:00-10:55 Drills With Thrills - Pro Shop  
11:00-11:55 Circuit Training  
- Mii amo Fitness Room  
12:00-2:30 Hike the Red Rocks\* - Mii amo  
2:00-2:55 Medicine Walk - Concierge Lobby  
3:00-4:00 Cooking Demo\* - Mii amo Café  
4:00-4:55 Yin Yoga - Mvt. Studio  
4:00-4:55 Organic Gardening & Composting  
- Mii amo Lobby  
5:00-5:25 Guided Meditation - Crystal Grotto  
6:00-6:30 Native American Documentary  
- Mii amo Library

Twilight: Stargazing – Tennis Court 6

\*\*\*Stargazing times are subject to cancellation due to weather. Inquire with concierge for more specific times.

Winter



**ENCHANTMENT RESORT**  
Mii amo a destination spa at Enchantment

## ACTIVITIES DESCRIPTION

### APACHE TEACHINGS

Come and listen to authentic Apache teachers as they share traditional knowledge of Boynton Canyon and dispel myths surrounding the canyon.

### AQUA FITNESS

Located at the Mii amo indoor pool this fun class utilizes floatation equipment for building strength, flexibility and circulation.

### BOOT CAMP

A high intensity, results-oriented workout designed to burn calories and tone the entire body.

### BOSU

The challenging Bosu half-ball trainer provides an efficient way to simultaneously exercise the entire body while integrating balance and core strength. Please wear shoes.

### CIRCUIT TRAINING

An efficient and challenging form of conditioning that develops strength, endurance, and flexibility.

### COOKING DEMO \*

Join one of the resort's gifted chefs as they demonstrate the creation of a healthy & delectable dish of the day. Advanced sign up is required. Please contact ext. 301.

### CREATIVE PHOTOGRAPHY

Join professional photographer, Larry Lindahl as he reviews the principles of lighting and techniques for capturing the perfect shot. You will then have the opportunity to photograph the scenery of the canyon. Bring your cameras.

### DRILLS WITH THRILLS

This clinic is a fast paced workout where you can practice all the shots, groundstrokes, volleys, and the overhead smash. This clinic is customized to accommodate all players.

### EVENING / GUEST LECTURE

Contact the Spa Front Desk or Concierge for the topic of the day presented by one of our experts.

### FITNESS WALK

A morning stroll around the property to awaken and revitalize your senses as you breathe in the morning fresh air and enjoy the beauty of Boynton Canyon.

### GENTLY ENERGY YOGA

Asian style Yoga that is low impact yet highly effective in opening and stimulating the meridian channels. It uses the breath in gentle stretching exercises to release tension, increasing energy and blood flow to restore harmony within the body, integrated with a facilitated relaxation and energy meditation for the accumulation and balance of energy for your mind, body & spirit.

### GENTLE FLOW YOGA

Help restore the body's natural fluidity of movement through gentle and progressive yoga poses.

### GET YOUR BACK ON TRACK

This class incorporates stretching and strengthening exercises that assist in preventing and alleviating back pain.

### GUIDED MEDITATION

Experience profound relaxation in the Crystal Grotto as our consult staff guides you on a sacred journey of self-awareness.

### HATHA YOGA

Hatha aims to unify the two energies of masculine and feminine toward the center of the body with yoga stretches, breath work, and meditation.

### HIKE THE RED ROCKS \*

Explore Sedona's finest hiking trails. To get the most from this experience please plan to be present promptly at 7:45am. Advanced sign up required. Please contact ext. 301.

### JOURNEY OF TEAS \*

Learn the health benefits and proper preparation of our private label teas.

### MORNING RITUAL

Guests are invited into the Crystal Grotto for this daily ceremony where one of our staff members will guide you towards acknowledging and understanding your intention for the day.

### MOUNTAIN BIKE EXCURSION \* (S)

Enjoy the beautiful red rock country as your guide leads you on one of the many trails surrounding the resort. To get the most from this experience please plan to be present promptly at 7:45am. Advanced sign up is required. Please contact ext. 301.

### NATIVE AMERICAN FLUTE

Our guest performer will play traditional pieces on his flute and teach you culture through songs handed down from the elders.

### NATIVE AMERICAN DOCUMENTARY CHE AH CHI - THE HISTORY OF BOYNTON CANYON

Enjoy a 30-minute film featuring interviews with tribal elders and geological experts that generously share their oral history and wisdom of the mysterious canyon.

### NATIVE AMERICAN MEDICINE WALK

Guided walk through the Enchantment grounds that describes healing properties of various plants and trees.

### NATIVE AMERICAN WALK TO THE RUINS

Enjoy this unique opportunity to learn the teachings and history of the first people to inhabit Boynton Canyon as you take a walk to the archeological ruins they have left behind.

### NATURE WALK

Join our naturalist for a fascinating walk highlighting Arizona's native plants and animals and their uses in ancient times.

### ORGANIC GARDENING AND COMPOSTING

Come for a tour of Mii amo's own organic garden. Learn about organic growing and our method of composting.

### PILATES BALL

Core movements that build strength, improve mobility, and increase flexibility using the stability ball.

### PILATES

A mind-body repertoire of low-stress mat exercises that focus on the core abdominal muscles, the 'powerhouse,' which form the support structure for the spine and pelvis.

### POWER WALK

Start your morning with this invigorating and fast paced 3.5-4.5 mph walk throughout the property.

### QIGONG

Rejuvenating Chinese exercise, concentrating on focused and graceful movements for balance and fitness.

### RESTORATIVE YOGA

Gentle yoga utilizing props and postures aimed at deeply relaxing and rejuvenating your mind, body, and spirit.

### TENNIS FUNDAMENTALS

Fundamentals examines stroke mechanics and production, corrects common problems with grips and footwork, and will give the beginning to intermediate player a more balanced foundation to improve their game.

### TENNIS MATCH PLAY

Match play pairs guests with other guests for fun doubles matches. Our onsite tennis pro will give you pointers on doubles strategies and if there are an odd number of players, you get a chance to play with a tennis pro.

### STARGAZING

Our expert will highlight the bright and fascinating stars that fill the Sedona skies.

### STRUCTURAL LENGTHENING

Through the lengthening of the connective tissue or fascia we can encourage pain reduction, improve posture and increase range of motion and strength.

### SUNRISE STRETCH

Begin your morning with a light stretch that awakens the body and prepares you for the day.

### TAI CHI

Practice gentle flowing movements to enhance balance, build energy, improve circulation and promote harmony within the body.

### VISION BOARD COLLAGE MAKING

Create a vision board collage with images and words in order to manifest your hopes and dreams.

### VITALITY FLOW YOGA

Energetic postures which move in an orderly rhythm of sun salutations and are designed to engage all muscle groups while increasing joint flexibility and stamina.

### VORTEX LECTURE & WALK

Discover the energy and power associated with vortexes on this informative walking lecture.

### WATERCOLORS \*

Join our resident artist, as he teaches all ages to capture the stunning red rocks in watercolors. No experience is needed. Children welcome. Advanced sign up is required. Please contact ext. 303

### WINE TASTING (MUST BE 21 OR OLDER) \*

Join our introductory seminar in the fine art of wine tasting. To get the most from this experience please plan to be present promptly at 3pm. Advanced sign up is required. Please contact ext. 303

### YIN YOGA

This class uses long-held relaxed floor postures to stretch and stimulate the deep connective tissues of the body. It strengthens chi flow and maintains the health of the meridian system of the body.

### YOGALATES

After a brief meditation, dynamic movement and static poses integrate the core training and precision of Pilates with the flexibility and breath work of mindful yoga.

### ZUMBA

A fusion of Latin and International music - dance themes creating an exciting and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.