

## NATIVE AMERICAN PROGRAM AT ENCHANTMENT

### PROGRAM

#### OVERVIEW:

Enchantment Resort is set in Boynton Canyon at the heart of Northern Arizona's Red Rock Country. The canyon has long been known as a place of healing and according to Yavapai-Apache legend it is where First Woman – with the sun and rain gods – restored the tribe to their long cherished land.

The resort's adobe architecture was designed to honor this special place and evoke the ancient cliff dwellings that were once temporary homes of a long-ago people. To pay tribute to the area's rich heritage of Native American culture, a thoughtful and diverse program of guest experiences has been developed in concert with local communities of Native American tribes. These guest experiences include dance and musical performances, storytelling, arts and crafts demonstrations, guided medicine walks and more. Performers and participants are from area tribes whose elders have approved their participation as a way to educate and inform resort guests and staff about their history and culture. In addition, Mii amo, a destination spa at Enchantment offers treatments and experiences that incorporate Native American influences and healing elements.

#### INSPIRATION:

This vivid landscape was and is home to a variety of Native American tribes, including the Hopi, Yavapai, Apache and Navajo, who have long considered the place to be a source of spiritual inspiration. The land, its energy and history, and the wisdom and traditions of the people who lived and live here all led to the establishment of the Native American Program at Enchantment. It is an ongoing initiative to accurately and respectfully present aspects of Native American history and culture in ways consistent with tribal values and traditions.

#### ACTIVITIES:

Guests are invited to participate in these ongoing activities:

- **Native American Documentary:** "Che Ah Chi: The History of Boynton Canyon" is a 30-minute film shown twice-weekly, offering an intriguing look at the canyon through tribal elders and geological experts who share their oral history and wisdom of what makes this canyon remarkable. View clip here: <http://enchantmentresort.com/activities/native-american/>
- **Native American Flute:** A guest performer plays traditional pieces on various handmade flutes and talks about the Native American culture through songs handed down from the elders.
- **Native American Solstice & Equinox Celebrations:** Enchantment honors the change of seasons and Native American tradition quarterly with a series of events that includes a Solstice or Equinox orientation and blessing. Past celebrations have included Hopi Corn Dancers, Apache Crown Dancers, Apache guitar performances, Medicine Wheel walks, and a Native American cooking demonstration.

#### CAMP COYOTE:

Designed to educate and entertain children ages 4-12, this program includes Native American-inspired arts and crafts projects like weaving dream catchers and rhythm drumming.

#### MII AMO:

Mii amo, a destination spa, takes its name from a Native American word in the Yuman dialect of Northern Arizona signifying "to continue one's path, moving forward, or journey." It is designed as a place for learning, exploring and absorbing very personalized qualities of well-being and balanced living, as inspired by the traditions of Native American peoples and the energy of the Sedona landscape.

**CRYSTAL GROTTO:**

The philosophical heart of Mii amo is the Crystal Grotto, a place of ceremony and transformation inspired by a Native American kiva. The circular room has an oculus in the domed ceiling positioned to focus the sun's rays (on the day of the summer solstice) directly onto a quartz crystal in the center of the room. These rays link the heavens and earth by "lighting" a petrified wood fountain and crystal mandala on the Grotto's earthen floor. Four crystals represent the four directions of earth (East-red jasper, West-black rainbow obsidian, North-white selenite, South-yellow citrine). Every morning, guests are invited to join a Morning Ritual in the Grotto where they are guided towards acknowledging and setting their intention for the day.

Mii amo offers selected treatments outdoors, at the base of the red cliffs, in one of five wikiups. These are private wood structures like those traditionally used by various Native American cultures in the Southwest.

Working with Native American traditions, Mii amo therapists develop treatments that incorporate Native American healing elements, such as:

- **Inner Quest:** Reflective of Native American ceremony and ritual, this treatment utilizes elements of the Medicine Wheel, the Circle of Life blanket, and sweet grass in a beautiful ceremony that allows one to reconnect with the inner self.
- **Blue Corn Body Polish:** Native Americans used ground corn to cleanse and purify the skin. Mii amo created their own blend of blue corn with mineral salt crystals and oil to use in this signature treatment that leaves one feeling as rejuvenated as the earth after a refreshing rain.
- **Hozhooji, the Mii amo Blessing:** Blending Native American ritual and holistic healing, this treatment brings together turquoise mineral-rich clay, powerful energy work and massage therapy.

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