

Winter



Concierge Service

Our Concierge Desk is available from 7am to 7pm daily for your convenience. Please contact the desk at extension 800-826-4180 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
8:30-10:30 Hike the Red Rocks*
- Mii amo Lobby
9:30-10:55 Hatha Yoga - Mvt. Studio
10:30-11:30 Cardio Tennis - Pro Shop
11:00-11:55 Aqua Aerobics - Mii amo Pool
11:30-2:30 Red Rock Picnic* - Mii amo Lobby
1:00 -2:00 Makeup Lecture - Mii amo Library
2:00-3:00 Native Amer Drum & Flute – Tipi
3:00-3:45 Aqua Flow - Mii amo Pool
3:00-4:00 Cooking Demo* - Mii amo Café
4:00-4:55 Restorative Yoga - Mvt. Studio
4:00-5:00 Organic Gardening & Composting
- Mii amo Lobby
5:00-5:25 Meditation - Crystal Grotto
7:00-8:00 Evening Lecture - Mii amo Library

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
8:30-10:30 Hike the Red Rocks*
- Mii amo Lobby
9:00-11:00 Creative Photography
- Card Room
10:00-10:55 Yoga Flexibility - Mvt. Studio
10:30-11:30 Tennis Fundamentals
- Pro Shop
11:00-11:55 Abs, Hips & Thighs
- Mvt. Studio
1:00 -2:00 Makeup Lecture - Mii amo Library
2:00-3:00 Walk to the Ruins
- Mii amo Front Lawn
3:00-4:00 Wine Tasting* - Sun Room
4:00-4:55 Intro to Yoga - Mvt. Studio
5:00-5:25 Meditation - Crystal Grotto
7:00-8:00 Evening Lecture - Mii amo Library

***Advance Sign up Required**

Not applicable for groups

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.

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 Zumba - Mvt. Studio
8:30-10:30 Hike the Red Rocks*
- Mii amo Lobby
8:30-10:30 Mtn. Bike Excursion*(S)
- Mii amo Lobby
9:30-10:55 Yoga and Deep Meditation
- Mvt. Studio
10:30-11:30 Tennis Fundamentals
- Pro Shop
1:00-2:45 Vision Board Collage Making
- Enchantment Lobby
3:00-3:55 Back on Track - Mvt. Studio
3:00-4:00 Journey of Teas* - Mii amo Café
4:00-4:55 Chakra Yoga - Mvt. Studio
4:00-5:00 Enchantment Exploration
- Mii amo Lobby
5:00-5:25 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
8:30-10:30 Hike the Red Rocks*
- Mii amo Lobby
9:00-11:00 Watercolors* – Card Room
10:30-11:30 Tennis Match Play - Pro Shop
11:00-11:55 Aqua Aerobics - Mii amo Pool
2:00-3:00 Guest Lecture - Mii amo Library
2:00-3:00 Apache Teachings - Tipi
3:00-3:55 Back on Track – Mvt. Studio
3:00-4:00 Journey of Teas* - Mii amo Café
4:00-4:55 Yoga for Balance - Mvt. Studio
5:00-5:25 Meditation - Crystal Grotto
7:00-8:00 Evening Lecture - Mii amo Library

Sunday

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 – Yoga Lawn
8:30-10:30 Hike the Red Rocks*
- Mii amo Lobby
8:30-10:30 Mtn. Bike Excursion*(S)
- Mii amo Lobby
10:00-10:55 Gentle Energy Yoga - Mvt. Studio
11:00-11:55 Yoga Sculpt – Mvt. Studio
3:00-3:55 Back on Track – Mvt. Studio
4:00-4:55 Intro to Yoga - Mvt. Studio
5:00-5:25 Meditation - Crystal Grotto

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 Qigong – Yoga Lawn
8:30-10:30 Hike the Red Rocks*
- Mii amo Lobby
9:30-10:25 Vortex Lecture & Walk
- Mii amo Lobby
10:30-11:30 Tennis Match Play – Pro Shop
11:00-11:55 Aqua Aerobics - Mii amo Pool
11:00-11:55 Pilates – Mvt. Studio
3:00-4:00 Cooking Demo* - Mii amo Café
4:00-4:55 Yin Yoga - Mvt. Studio
5:00-5:25 Meditation – Crystal Grotto
6:00-6:40 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 – Yoga Lawn
8:30-9:40 Vortex Lecture & Walk
- Mii amo Lobby
8:30-10:30 Hike the Red Rocks*
- Mii amo Lobby
8:30-10:30 Mtn. Bike Excursion*(S)
- Mii amo Lobby
9:30-11:00 Nature Walk
- Enchantment Lobby
9:45-10:55 Yagalates - Mvt. Studio
10:00-10:55 All Ages Yoga - Tipi
10:30-11:30 Cardio Tennis - Pro Shop
11:00-11:55 Abs, Hips & Thighs - Mvt. Studio
11:30-2:30 Red Rock Picnic* - Mii amo Lobby
1:00-3:00 Gourd Pottery - Card Room
2:00-3:00 Medicine Walk- ER Lobby
3:00-3:55 Spirit Dance - Mvt. Studio
3:00-4:00 Cooking Demo* - Mii amo Café
4:00-4:55 Restorative Yoga - Mvt. Studio
4:00-5:00 Organic Gardening & Composting
- Mii amo Lobby
5:00-5:25 Meditation - Crystal Grotto
6:00-6:40 Native American Documentary
- Mii amo Lobby
Twilight: Stargazing - Main Parking Lot
***Stargazing times are subject to cancellation due to weather. Inquire with concierge for more specific times.

Sedona Trolley

Sedona Trolley offers guided tours to uptown Sedona from Enchantment Resort daily. Please contact the concierge for information on pricing and to reserve your spot.

Winter



ACTIVITIES DESCRIPTION

ABS, HIPS & THIGHS

Shape and tone those hard to reach areas of your body as well as your "core" stabilizer muscles.

APACHE TEACHINGS

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

AQUA AEROBICS

Increase your heart rate while deepening the level of strength and flexibility you can achieve with the comfort, support and resistance of water.

AQUA FLOW

This class adapts Pilates, weights and yoga in the water, to develop strength and flexibility with fluidity and grace.

BACK ON TRACK

This class focuses on exercises that prevent backache and muscular pain by keeping bones and joints in alignment.

BOSU

Mix it up using the Bosu trainer focusing on toning, increasing balance, and sculpting your body. Please wear shoes.

CHAKRA YOGA (ALL LEVELS)

Take this sacred journey within and awaken the vital life force available and contained in the body. Move through Yoga asanas and learn practices specifically designed to open and create more energy in the various Chakra centers for vitality and healthy functioning for all of the organs and systems related.

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

Our expert will review principles of lighting and how to capture the perfect shot. You will then have the opportunity to photograph the scenery of the canyon. Bring your cameras.

ENCHANTMENT EXPLORATION

A walk around the resort to teach you how the red rocks came to be and the geological history behind the canyon as well as information regarding our flora and fauna.

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 invigorate your senses as you breathe in the morning fresh air and enjoy the beauty of Boynton Canyon.

GENTLE ENERGY YOGA

This is a low impact and highly effective Asian style yoga. It uses the breath in gentle stretching exercises to release tension and restore balance.

GOURD POTTERY

Robert Brunner will help you create beautiful works of art out of Arizona grown gourds.

HATHA YOGA

Traditional yoga poses geared for all levels.

HIKE THE RED ROCKS

Explore Sedona's finest hiking trails. Advanced sign up is required. Please contact ext. 301.

JOURNEY OF TEAS

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

MEDITATION (ALL LEVELS)

Experience profound relaxation as our consultants guide you on a journey of self-discovery.

MORNING RITUAL

Guests are invited to set their "intention" for the day.

MOUNTAIN BIKE EXCURSION (S)

Enjoy the beautiful surroundings as your guide leads you on one of the many trails surrounding the Resort. Previous Mountain biking experience and advanced sign up is required. (S) Stands for strenuous. Please contact ext. 301.

NATIVE AMERICAN DRUM AND FLUTE

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

NATIVE AMERICAN DOCUMENTARY CHE AH CHI THE HISTORY OF BOYNTON CANYON

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.

POWER WALK

Start your morning with this an invigorating fast 3.5-4.5 mph paced walk through the Enchantment property.

ORGANIC GARDENING AND COMPOSTING

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

QIGONG

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

RED ROCK PICNIC

Enjoy a spectacular setting for a hike and picnic! Advance sign up required. Please contact ext. 301.

RESTORATIVE YOGA

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

SPIRIT DANCE

Release the energy in your body and invigorate the spirit through gentle guided movement.

STARGAZING

Dennis Young will highlight the bright and fascinating stars that fill the Sedona skies.

TAI CHI

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

VISION BOARD COLLAGE MAKING

Create your own reality by making a vision board collage. When you surround yourself with images of what and where you want to be, your life changes to match those images and those desires. Be prepared to see all your hopes and dreams come true!

VORTEX LECTURE & WALK

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

WATERCOLORS (ALL LEVELS)

Join our resident artist, as he teaches all ages to capture the stunning red rocks in watercolors. No experience is needed. Children welcome.

WINE TASTING (MUST BE 21 OR OLDER)

Introductory seminar in the fine art of wine tasting. To get the most from this experience please plan to be present promptly at 3pm. Sign up ext. 6000.

YIN YOGA (ALL LEVELS)

A gentle class, conducted mainly on the floor with props.

YOGA AND DEEP MEDITATION

This class begins with a slow, conscious, but vigorous set of yoga exercises that will make your energy to flow.

YOGA FLEXIBILITY

Stretch all the major muscle groups for a better range of motion, increased circulation, freer breathing, enhanced clarity, and more energy.

YOGA FOR BALANCE

You will be taught yoga postures that focus on improving your sense of balance.

YOGALATES

An invigorating class combining the core training of Pilates with the flexibility and breath work of 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.