

Welcome to Boynton Canyon

Experiences and Outdoor Adventures

Surrounded on all sides by acres of pristine wilderness, Enchantment offers you the opportunity to connect to nature. Seek adventures on Sedona's extensive trail system. Relax poolside. Rejuvenate body, mind and spirit at Mii amo. Where will the canyon take you?



The Canyon Is Calling.

Table of Contents

03 Epicurean Experiences

04 Tennis, Pickleball, & More

05 Trail House at Enchantment

06 Grand Canyon Tours

07 Hiking & Mountain Biking Experiences

08 Guide Spotlight

09 Fitness & Wellbeing

11 Mii amo

13 Artistic Activities

14 Camp Coyote

Included In Your Daily Resort Fee

Morning Ritual
Evening Meditations
Fitness & Wellbeing Presentations
Winter Celestial Cycles
Healthy Back and Intro to Power Plate
Healthy Habits for Longevity and Let's Talk Nutrition
Intro to the Chakras
Juicing
Mindfulness Through Breath
Understanding Dreams
History of Boynton Canyon (*Tuesdays & Fridays*)
Fireside Conversations at Trail House (*Wednesdays*)
Boynton Canyon Uncovered (*Sundays & Thursdays*)
Chanting (*Wednesdays & Saturdays*)
Labyrinth Walk (*Daily, except Sundays & Thursdays*)
Stargazing (*Tuesdays & Saturdays*)
Vortex Lecture (*Sundays & Thursdays*)

Access to:
Mii amo Spa Services (ages 16+ with reservation)
Mii amo Fitness & Movement Studio (ages 16+)
Dining at Hummingbird at Mii amo (ages 16+ with reservation)
Pickleball Courts
Tennis Courts
Artist Cottage
Trail House Adventure Advisors
Seven Canyons Golf Club
Main Pool and Adult Pools
Lawn Games

Fitness & Movement Studio Hours:

6:00 am – 9:30 pm

Activity Guide Key

★ Included in your daily resort fee

All activities and pricing subject to change.

Prices listed do not include tax, service charge and gratuity. Select activities and excursions are subject to a cancellation policy.



Special Events

Full Moon Hike

December 3, 4 and 5, January 2, 3, 4 and 31

February 1 and 2

\$305 per person, Trail House

Please reserve 24 hours in advance.

Begin this hike on the trails just before sunset and watch as the moon rises over the red rocks. Hike back at twilight as the moon begins to glow above. Head lamps provided. Weather permitting.

New Moon Hiking Under the Stars

December 18, 19 and 20, January 17, 18 and 19

February 16, 17 and 18

\$305 per person, Trail House

Please reserve 24 hours in advance.

Hike beneath Sedona's breathtaking dark sky without moonlight (new moon). Experience the trails from a different perspective as you hike alongside the star-lit cliffs of the red rocks. Sedona is an international dark sky community, an ideal location to experience stunning night skies. Weather permitting.

Stargazing ★

Tuesdays and Saturdays

Time Varies; please contact the concierge

Gaze into the Sedona night sky through a powerful telescope while our expert astronomer highlights bright stars, distant planets, and galaxies far away. Weather permitting. Meet at Enchantment Circle.

Private stargazing is also available.

Please dial x8179 to reserve.

Moon Ceremonies ★

12:00 pm, Mii amo Crystal Grotto

Full Moon | December 3 and 4

January 2, 3 and 31, February 1

New Moon | December 18 and 19

January 17 and 18, February 16 and 17

Celebrate the phases of the moon and the energy brought forth by each with the Mii amo mindfulness team. This short, guided meditation is an opportunity to connect with the moon's energy and all that it represents in your life.



Red Rock Holidays

December 1 through January 3

Please join us for festive activities to celebrate the holiday season. Complimentary skating, seasonal art and crafts, culinary and wine experiences, live music and more.



Scan the QR code to explore Red Rock Holidays

Winter Solstice Celebration ★

December 21, 12 - 12:30 pm & 12:30 - 1 pm

Mii amo Crystal Grotto

Please dial 301 to reserve

Winter is a time to rest and retreat to the inner light within ourselves. We invite you to celebrate the Winter Solstice with a guided meditation led by our mindfulness team.

Epicurean Experiences

Each month the resort offers new culinary experiences. From cooking demonstrations to private tasting events, embark on a culinary journey with our talented team.



Culinary Classes

Please reserve 48 hours in advance.

\$60 per person

Whether you're a seasoned cook or just love great food, these fun, social classes are your chance to meet our culinary team, get creative and enjoy every delicious bite!

December - Glühwein Chocolate Truffles

Tuesdays, 1:30 - 2:00 pm

Embark on a journey of decadent delight as you master the techniques behind exquisite chocolate truffles and smooth, rich ganache.

December & January - Artisan Empanadas

Saturdays, 3:00 - 3:30 pm

Join our chef for a demonstration where you'll learn to craft flaky pastry and prepare savory fillings with flavors from the Southwest.

February - Winter Agnolotti

Saturdays, 3:00 - 3:30 pm

Join our chef for a demonstration to explore the beauty of handmade agnolotti. Discover how pasta sheets are rolled, filled and then finished in a fragrant sage-brown butter sauce, brightened with Arizona lemon and toasted piñon.

Please note: Above classes will not be held if fewer than 4 guests are registered.

Agave Hour

Saturdays, 2:00 - 3:00 pm plus Mondays starting in January. \$95 per person Advanced reservations requested.

Led by our mixologist, explore the distinct profiles of four hand-selected agave spirits. Learn the art of sipping and pairing, and discover how to balance bold flavors as you craft three signature cocktails using fresh ingredients.

Wines by the Fire (December only)

Tuesdays and Saturdays, 4:00 - 5:00 pm Activities Lawn, Advanced reservations are encouraged; however walk-ins welcome! \$65 per person

Sip and socialize outdoors around the fire, savoring thoughtfully selected wines with our sommelier while enjoying the holiday festivities.

Sommelier Social (January & February)

Saturdays, 4:00 - 5:00 pm, \$65 per person Advanced reservations requested.

Sip and socialize on a delightful tasting journey with our sommelier, exploring four thoughtfully selected wines from the Enchantment cellar.

Hummingbird at Mii amo

Guests of Enchantment (ages 16+) enjoy access to Mii amo's signature restaurant, Hummingbird.

*Open 6:00 am - 9:00 pm
Please dial 7724 for reservations.*

Caviar + Krug

*Wednesdays and Fridays, 5:00 - 6:00 pm
Hummingbird at Mii amo, \$250 per person
Please dial 301 for advanced reservations.*

We invite you to explore a unique sensory journey of sustainably sourced Sturia caviar paired with Krug Champagne. This immersive experience offers a rare opportunity to savor, learn, and celebrate the art of living well.

Chef's Garden Experience

*Wednesdays and Fridays, 11 am - 12 pm
Please dial 301 for advanced reservations.
\$65 per person, Meet at Hummingbird Harvest Table*

Explore the Mii amo Chef's Garden with a garden tour and discussion around plant cycles and more. Includes a tasting of seasonal produce freshly prepared at our community garden table.



Tennis, Pickleball & More

Please reserve lessons 24 hours in advance.

TENNIS

Enchantment's tennis program offers private lessons, hitting opportunities and clinics on two center courts. Our talented certified professionals offer instruction from beginning to advanced levels for adults and children ages 5+.

Court use along with racquets are included in the resort fee. First-come, first-served basis. ★

Private Lessons

1-hour Private Lesson
\$155 per person

1-hour Semi-Private Lesson
\$240 for two people

Group Lesson (3 or more guests)
\$125 per person

Cardio Tennis (ages 16+)
Sundays, Wednesdays and Fridays
10:00 – 11:00 am, \$90 per person
Maximum of 8 participants per class.

Cardio Tennis is a high-energy class that combines tennis drills and games for a full-body workout. Meet new tennis friends as well!

Court Reservation with Ball Machine
\$175 per hour, advanced reservation required

PICKLEBALL

Enjoy a family-friendly game of pickleball on one of five pickleball courts available during your stay.

Pickleball private lessons and clinics are also available. Our talented certified professionals offer instruction from beginning to advanced levels for adults and children ages 5+.

Court use along with racquets are included in the resort fee. First-come, first-served basis. ★

Intro to Pickleball (ages 16+)

Mondays, Tuesdays, Thursdays and Saturdays
10:00 – 11:00 am, \$90 per person
Maximum of 12 participants per class.

This class is designed for players interested in learning the basic skills and rules of the game.

Join us for Hosted Open Court Play directly following our Cardio Tennis and Intro to Pickleball classes. ★

BEAT THE PRO

1 hour, \$155 per person

Test your skills against one of our tennis or pickleball professionals. If you win, you don't pay!

TARGET SPORTS ages 16+

Join our Trail House team for an exciting axe throwing, knife throwing, primitive atlatl or traditional archery experience!



Intro to Axe Throwing (ages 12+)

Sundays, Wednesdays and Fridays
11:00 – 12:00 pm, \$90 per person
Maximum of 10 participants per class.

Intro to Archery (ages 12+)

Mondays, Tuesdays, Thursdays and Saturdays
11:00 – 12:00 pm, \$90 per person
Maximum of 10 participants per class.

Advanced reservation required for all class offerings. Please reserve by contacting Activities at 6027.

Air Hockey, Kids Axe Throwing, Bocce Ball, Cornhole, Foosball, Giant Games, Ping Pong, and Soccer are also available. ★

Hiking, Biking & Climbing Adventures

Trail House is the epicenter for active outdoor experiences. Stop in to learn about our vast array of hiking, mountain biking and rock climbing offerings. Visit the boutique for the latest in outdoor gear and apparel. Let our expert Adventure Advisors craft a menu of outdoor experiences tailored to your interests and fitness level.



SEDONA DRIVING TOURS

Embark on a leisurely and non-strenuous adventure to explore some of the most awe-inspiring and frequently photographed vistas in Red Rock Country. Allow our seasoned local guides to curate a road-based tour, unveiling the wonders of Sedona's red rock formations.

Premier Sedona Tour

2.5 hours, \$230 per person

Premier Vortex Tour with Guided Meditation

3 hours, \$285 per person



To reserve a Trail House experience, please scan the QR code or contact an Adventure Advisor at 928.203.8407 or dial 6983 from your guestroom phone.



NEW! ANTELOPE CANYON LAND EXPEDITION WITH VIA FERRATA

Please reserve 48 hours in advance.

\$5,000 per 2 person minimum, plus \$500 for each additional guest.

Embark on a full-day road adventure to Antelope Canyon with our expert Trail House guides. Your journey begins with a guided walk through the iconic Upper Antelope Canyon, led by an expert Navajo guide. Next, enjoy a scenic picnic lunch at Horseshoe Bend, hosted by your Trail House guide. The adventure continues in Page at the thrilling Via Ferrata course, where you'll rappel into a section of Antelope Canyon. Once inside the narrow slot canyon, navigate your way through using a series of iron rungs and ladders. Cap off the experience with a final 70-foot rappel and a short, scenic hike back to the top.



Grand Canyon Tours

Intimately experience the Grand Canyon on one of our private tours, led by our expert Trail House guides. Learn about its rich history, significant archeology, unique geology and diverse flora and fauna—all with breathtaking scenery.

South Rim Tour

Please reserve 48 hours in advance.

\$1,800 per 2 person minimum, plus \$350 for each additional guest.

Join us for a private guided tour of the South Rim. Depart from Enchantment on a custom adventure tailored to your interests. Visit several iconic destination viewpoints and museums along the rim. Includes private guided tour, breakfast, lunch, snacks, and transportation.

Below the South Rim Hiking Tour

Please reserve 48 hours in advance.

\$2,250 per 2 person minimum, plus \$350 for each additional guest.

Hike into the Grand Canyon. Customized to your interests and abilities, this private guided hike will allow you to experience the canyon from a new perspective as you explore up to 6 miles of trail. As you descend into the landscape, explore the changing rock layers and colors. Includes private guided tour, breakfast, lunch, snacks, and transportation.

Hiking & Mountain Biking Experiences

Discover the natural beauty of Sedona with a guided, private hike through some of the most stunning terrain in the country. With over 50 trails to choose from, our experienced Adventure Advisors will assist you in choosing the right hike for your skill level and interests.

SIGNATURE WINTER HIKES

Sunset Hike the Red Rocks

2.5 hours | \$230 per person

Birdwatching Adventure on Oak Creek

3 hours | \$330 per person

Verde Valley Winery Tours

Vineyard Vista Tour

3 hours | \$315 per person

Wings to Wine

4 hours | \$365 per person

VORTEX HIKES

Bell Rock Vortex Experience

4 hours | \$330 per person

Boynton Canyon Vortex Experience

4 hours | \$330 per person

Cathedral Rock Vortex Experience

4 hours | \$330 per person

Table Top Vortex Experience

4 hours | \$330 per person

Four Vortexes Experience

Up to 6 hours | \$420 per person

TRAIL RUNNING

Red Rock Trail Run

2 hours | \$230 per person

PHOTOGRAPHY TOURS

Red Rock Photography

2.5 hours | \$350 per person

Drive to stunning vistas during golden hour, enhance your photography with expert guidance.

Creative Photo Tips

2 hours | \$285 per person

Join our professional photographer for a walk around property and learn techniques for focus, lighting, and composition. Capture landscapes, macros, architecture, and portraits. Bring your camera or smartphone.



GUIDED MOUNTAIN BIKE RIDES

Beginner Mountain Bike Adventure

2 hours | \$230 per person

Family Mountain Bike Adventure

2 hours | \$230 per person

Ride the Red Rocks

2 hours | \$230 per person

MOUNTAIN BIKE LESSONS

2 hours | \$230 per person

The Trail House offers mountain bike lessons for guests of all ages and skill levels, from beginner to advanced. Basic bike riding skills required.

LITTLE SHREDDERS CAMP

\$330 per child, Offered daily, Ages 8-15

3-Hour Private Mountain Bike Lesson and Ride led by our expert mountain bike guides. Camp includes a custom Trail House jersey and sport bottle.

PIVOT MOUNTAIN BIKE RENTALS

\$95 half day, 7 am - 12:00 pm or 1:00 - 6:00 pm

\$155 full day, 24 hour period

Pivot Cycles, based in Tempe, AZ, is one of the most desirable and innovative mountain bike brands on the market. Their bikes have won numerous Bicycling Editors' Choice awards.

Stay Hydrated

Hydration in desert climates should be a top priority for hikers and bikers. Plan on drinking one liter of water per hour while hiking or biking.

E-BIKES

Comfortably cruise through Sedona's picturesque road routes, tackle hilly terrain with ease, and cover more ground, perfect for both leisurely rides and ambitious explorations.

E-Bike Rentals

4 hours | \$115 per person

Guided E-Bike Excursion

2 hours | \$230 per person

History of Boynton Canyon ★

Tuesdays and Fridays

5:00 - 5:15 pm, Trail House

Join the Trail House team for a captivating presentation that spans centuries of human interaction within Boynton Canyon, offering a richer understanding of its geology as well as its integral role in shaping the cultural tapestry of the region.

Trail House Fireside Conversations ★

Wednesdays

5:00 - 6:00 pm, Trail House

Each week, meet a Trail House guide for a casual conversation to discover new ways to explore Sedona and beyond.

Boynton Canyon Uncovered:**History and Habitat ★**

Thursdays and Sundays

5:00 - 6:00 pm, Trail House

Meet at Trail House for an engaging presentation that brings you up close with the fascinating creatures that call Boynton Canyon home - from pinned insect specimens and a javelina skull replica to a live tarantula encounter.

Guide Spotlight



OKSANA KUBROCK

Originally from Ukraine, Oksana has been leading outdoor experiences at the Trail House for 7+ years and enjoys meeting guests from all over the world. She has a master's in teaching and is a certified yoga instructor and astrologist. She loves sharing her passion and knowledge of Sedona's history, archaeology and landscape with guests and especially enjoys leading sunrise hikes, celebrating each day as a new beginning.



NICK VIRGILIO

Nick began his outdoor adventure career early in life through his own personal training business focused on adventure-based fitness. He has hiked over 1,400 miles of wilderness and his explorations have taken him to 46 states, 24 National Parks, 5 countries, and 3 continents. Nick is an engaging, thoughtful, and passionate guide with an endless supply of knowledge and stories stemming from his experiences.



CARINA LEVERIZA

Carina moved to Sedona 14 years ago after retiring early from her career as an Intel research and development scientist in California. She has been a hiking guide and Adventure Advisor at the Trail House for over 8 years specializing in vortex experiences and sunrise / sunset hikes. She enjoys sharing her scientific knowledge with guests, discussing the high resonance of the quartz crystals found in Sedona's rock formations and their modern day scientific applications.



BILL MILLER

Bill has lived in and explored Northern Arizona for the past 27 years with his family and their two dogs. An avid mountain biker and hiker, Bill has an abundance of knowledge about the trails and enjoys sharing his passion for the outdoors with guests. As a certified sommelier with various wine certifications, Bill is pleased to recommend a bottle from Enchantment's extensive wine offerings to enjoy après-trail.



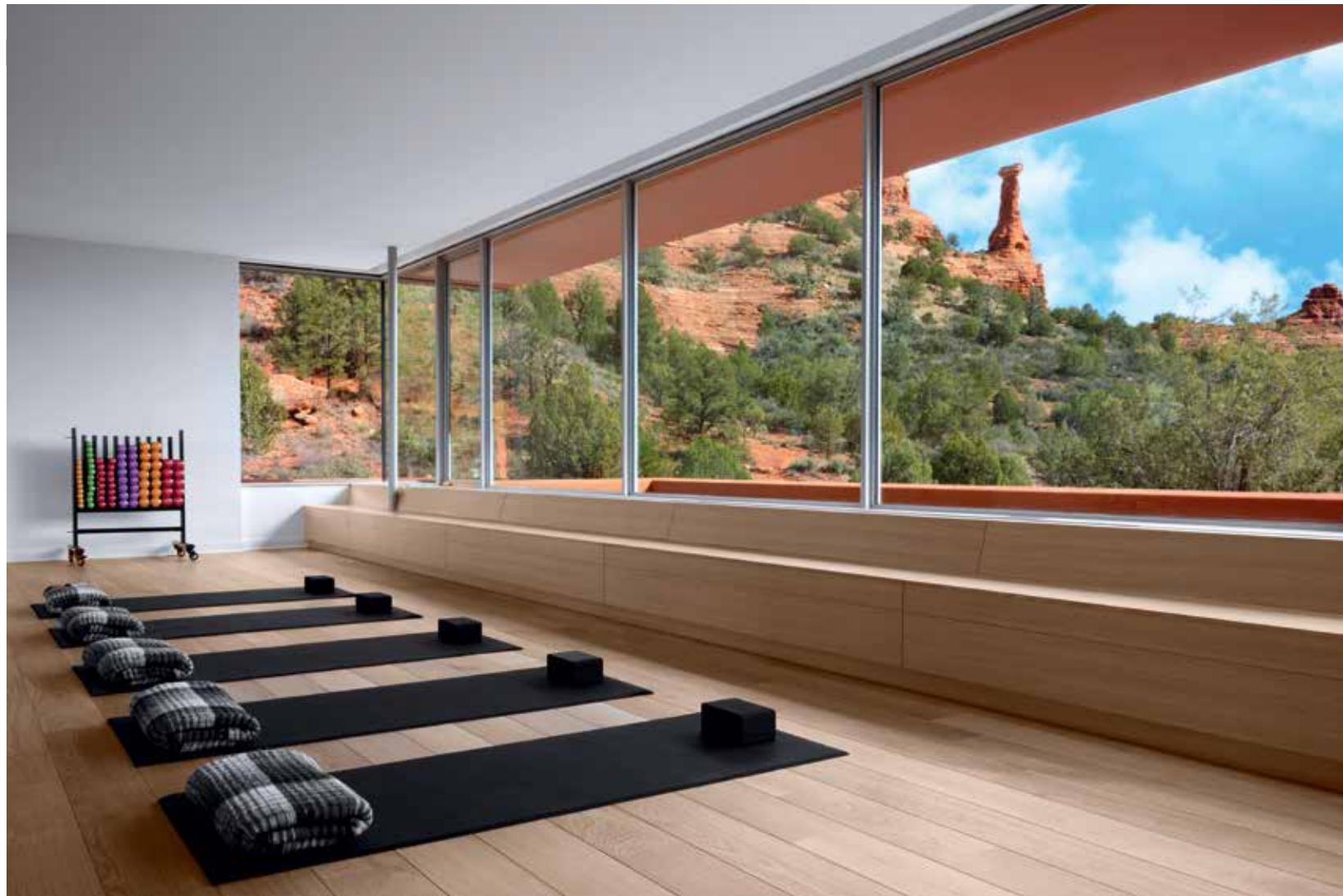
CHELSEA SOTO

Arizona native Chelsea Soto grew up in Prescott, where her passion for the outdoors took root. With a background in Performing and Musical Theatre, she brings stories to life—especially those inspired by Arizona's pine forests, the Grand Canyon, and Sedona's iconic red rocks. Chelsea is thrilled to share her love for Arizona's breathtaking landscapes with you.



STEVE TEDRICK

A skilled and experienced mountain bike rider, Steve has been riding the Sedona trails for over 30 years. His understanding of the landscape allows him to curate memorable rides for guests of all skill levels and abilities. His calm and confident manner encourages novice bikers to establish a solid mountain biking foundation and intermediate to advanced riders new ways to perfect their skills.



Fitness & Wellbeing

Enchantment guests enjoy access to the 3,300 square foot Mii amo Fitness and Movement studios. Featuring more than 50 weekly classes and presentations, including strength, cardio, yoga and more. Personal training is also available.

FITNESS HOURS

6:00 am - 9:30 pm, Ages 16+

All classes and presentations are held in the Mii amo Movement Studio unless noted.

STRENGTH & CARDIO

Reservations not required unless noted.

Cardio Tennis

*Sundays, Wednesdays and Fridays
10:00 - 11:00 am, \$90 per person*

Advanced Reservation Required

Practice tennis drills on Enchantment's professional-grade tennis courts. This class offers guests a variety of cardio drills for intermediate to advanced players.

**Hosted Open Play follows class. ★*

Strength and Stability

*Sundays and Wednesdays, 9:30 - 10:30 am
\$35 per person*

This full-body workout is designed to strengthen your entire body while improving stability and control. Through purposeful, functional movements, you'll enhance coordination, increase core strength, and develop better body awareness—helping you move with greater ease, power, and confidence in everyday life.

Intro to Pickleball

*Mondays, Tuesdays, Thursdays and Saturdays
10:00 - 11:00 am, \$90 per person
Advanced Reservation Required.*

This class is designed for players interested in learning the basic skills and rules of the game.

**Hosted Open Play follows class. ★*

Intro to Power Plate ★

*Mondays 1:10 - 1:40 pm
and Fridays 10:40 - 11:10 am*

Join us for a 30-minute class highlighting the benefits and many uses for the power plate.

Cardio Shred

*Tuesdays and Fridays
9:30 - 10:30 am, \$35 per person*

Focusing on the combination of strength and endurance, Cardio Shred will get the heart pumping and muscles working. This class utilizes cardio and strength-focused exercises to build muscle and burn calories.

Red Rock Power Hour

Saturdays, 8:00 - 9:00 am, \$35 per person
Build your physical strength, stamina, and overall fitness in this high-intensity fitness class that incorporates various equipment and movements. You will leave feeling stronger and energized for your day.

All classes and presentations are held in the Mii amo Movement Studio unless noted. Ages 16+

STRETCHING & MEDITATIONS

Reservations not required unless noted.

Morning Ritual ★

Daily, 7:50 – 8:05 am and 8:10 – 8:25 am

Mii amo Crystal Grotto

Set your intentions for the day by joining this guided morning ceremony and meditation in the iconic Mii amo Crystal Grotto.

Evening Meditation ★

Daily, 6:10 – 6:40 pm, Mii amo Crystal Grotto

Experience relaxation while being guided on a sacred journey of self-awareness. Sunday and Thursday meditations include sound.

Morning Stretch

Mondays and Saturdays, 6:30 – 7:30 am

\$35 per person

Awaken the body with a relaxing morning stretch while welcoming the new day overlooking the iconic red rocks of Boynton Canyon.

Labyrinth Walk ★

Mondays, Tuesdays, Wednesdays, Fridays and Saturdays, 8:40 – 9:10 am

Mii amo Labyrinth

A guided meditation walk through the Mii amo outdoor labyrinth.

Healthy Back ★

Mondays, 5:30 – 6:00 pm

This 30-minute practice focuses on strengthening, stretching and relaxing the muscles of the back and core to promote good posture and decrease muscular tension.

Fascia Stretch

Wednesdays, 8:00 – 9:00 am, \$35 per person

Fascia is a connective tissue found throughout the body. This class uses sustained stretches to enhance mobility and flexibility, leaving you with a greater appreciation and deeper understanding of your own fascia.

Foam Roller Fusion

Wednesdays, 10:50 – 11:50 am and

Fridays, 4:10 – 5:10 pm, \$35 per person

Release muscular tension, improve mobility and increase circulation by utilizing a foam roller and other fitness tools.

Chanting ★

Wednesdays and Saturdays

5:30 – 6:00 pm, Mii amo Crystal Grotto

Experience the power of sound and mantra meditation in the acoustic healing environment of the Mii amo Crystal Grotto.

PERSONAL COACHING

From private yoga sessions to strength training and nutrition sessions, Mii amo's certified fitness trainers will work hand-in-hand with you to understand your personal fitness goals to co-create a private training session to deepen and expand your wellness routine.



For more information, please scan the QR code or call 928.204.6101 or dial 301 from your guestroom phone.

TONING, YOGA & PILATES

Reservations not required unless noted.

Yin Yoga

Sundays and Thursdays, 6:30 – 7:30 am

Mondays, 4:10 – 5:10 pm

Fridays, 10:50 – 11:50 am

\$35 per person

Lower body stretches target the deep connective tissues and fascia through passive, longer-held poses, increasing energy flow and improving flexibility. Relaxation and meditation are key components of this class.

Restorative Yoga

Sundays, 10:50 – 11:50 am and

Tuesdays, Thursdays and Saturdays

4:10 – 5:10 pm, \$35 per person

Renew the body with peaceful and nurturing asanas. Restorative Yoga is designed to relax, unwind and rejuvenate.

Gentle Flow Yoga

Sundays, 4:10 – 5:10 pm

Tuesdays and Fridays, 6:30 – 7:30 am

Thursdays, 10:50 – 11:50 am

\$35 per person

A softer, lighter paced flow coordinated with the breath, which allows you to move with a sense of ease and be more present with each pose.

Vinyasa Flow

Mondays and Thursdays, 8:00 – 9:00 am

\$35 per person

This dynamic style of yoga that emphasizes the seamless flow of movements coordinated with breath. This is a rigorous yoga practice designed to build strength and flexibility.

Mat Pilates

Mondays and Thursdays, 9:30 – 10:30 am

Saturdays, 10:50 – 11:50 am

\$35 per person

Improve posture, body alignment, muscle endurance, balance, coordination, and mental awareness with a workout that engages the entire core.

Yoga for Longevity

Mondays, 10:50 – 11:50 am

Saturdays, 9:30 – 10:30 am

\$35 per person

Through breathing practices, asanas and meditation this class helps to increase flexibility, strength, balance and tranquility for overall health and longevity.

Ball Yoga

Tuesdays, 10:50 – 11:50 am, \$35 per person

This practice is a blend of the mind/body aspects of yoga and the stability of ball work. You will develop flexibility and strength that comes from the yoga postures and the core stabilizing and balancing aspects that improve from working with the stability ball.

Qi Gong

Wednesdays, 6:30 – 7:30 am, \$35 per person

Rejuvenating traditional Chinese practice, with a focus on breathwork along with graceful movements for balance and fitness.

Chakra Yoga

Wednesdays, 4:10 – 5:10 pm, \$35 per person

Awaken each chakra center and release physical energy flow with this deep guided meditation. Chakra Yoga offers the opportunity to learn about and connect to your energy centers.

LECTURES & PRESENTATIONS

Reservations not required unless noted.

Vortex Lecture ★

Sundays and Thursdays, 1:50 – 2:50 pm

Mii amo Labyrinth

Learn about the power of Sedona's vortex energy.

Mindfulness Through Breath ★

Sundays, 3 – 4:00 pm and Fridays, 1:50 – 2:50 pm

The breath is the foundation of every mindful practice. Learn how breath relates to emotion and how to channel its life-changing power to regain and sustain your wellbeing.

Let's Talk Nutrition ★

Mondays, 1:50 – 2:50 pm and

Fridays, 11:10 am – 12:10 pm, Mii amo Living Room

Join our nutrition professionals for a relaxed conversation and engage in an open discussion about one of the key pillars of longevity: our diet.

Juicing ★

Mondays & Fridays, 3:00 – 4:00 pm

Hummingbird at Mii amo Harvest Table

Reservation Required - dial 301 to reserve.

This class covers all aspects of juicing and will equip you with the knowledge to start incorporating juicing into your life to increase your nutrition and energy. Learn all about different ways to juice, benefits and ingredients, and enjoy tasting some fresh, delicious juice.

Intro to the Chakras ★

Tuesdays, 3 – 4 pm and Saturdays, 1:50 – 2:50 pm

Learn what chakras are and how to bring conscious awareness to these energy centers. Keep your mind, body and spirit in balance with techniques used to release stagnant energy so that the body's entire energy system flows smoothly.

Understanding Dreams ★

Tuesdays and Fridays, 5:20 – 6:00 pm

Mii amo Living Room

Explore the profound influence of dreams and unravel the intricate tapestry of messages they may be holding.

Mii amo Chef's Garden Experience

Wednesdays and Fridays, 11 am – 12 pm

\$65 per person

Meet at Hummingbird Harvest Table

Reservation Required - dial 301 to reserve.

Explore our Chef's Garden with a garden tour and discussion around plant cycles, seasonality, companion planting and composting. Includes a tasting of seasonal produce freshly prepared at our community garden table.

Healthy Habits for Longevity ★

Wednesdays, 1:50 – 2:50 pm and

Thursdays, 3:00 – 4:00 pm, Mii amo Living Room

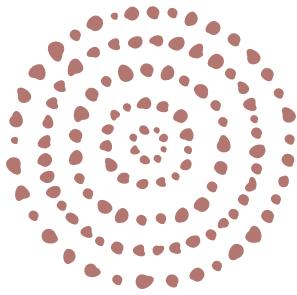
Establishing healthy habits may increase longevity and enhance quality of life. Uncover insights into impactful habits, identify the small changes that can yield significant results, and learn how to incorporate them into your daily routine.

Winter Celestial Cycles ★

Wednesdays and Saturdays, 3:00 – 4:00 pm

Mii amo Crystal Grotto

Winter is a time to reflect and embrace the wisdom within. Quiet music by candlelight, insight journaling and a guided journey will be offered by our mindfulness team to reflect on our lives with care and compassion.



Mii amo a destination spa

Since 2001, Mii amo has been recognized as a leader amongst destination spa and wellbeing resorts, for its programming, the caliber of its professionals, its setting, architecture and design. Acclaimed for its unique ability to nurture personal wellbeing, Mii amo offers timeless and inspired methods.

UNIQUELY MII AMO

Honoring our place and committed to our roots, these services, found only at Mii amo, represent how we have served our guests with inspired innovation for over twenty years.

Inner Quest

Take this journey of exploration in a safe and trusted place and open yourself to the possibility of deep inner clarity. Ceremonial elements of braided sweet grass (representing the braids of grandmother), rawhide drums (to open the four directions), and cedar/sage oil (sacred plants) are all part of a journey that when together with our skilled guides make this a Uniquely Mii amo experience.

Chakra Balancing

Scented vibrational oils matched to each chakra are combined with their coordinating colors, crystals and stones. Through intentional placement, aroma, and gentle touch along the chakra centers, your practitioner guides you on a sensory journey toward deeper alignment, embodiment, and clarity.

Connection Ceremony

Times of transition can be challenging regardless of whether they are happy, sad, rocky, or fluid. In this ceremony, you can meet these moments by letting go, saying good-bye or welcoming in, because connection can take many forms. Each individual ceremony is created to help you through a transition. Your transition may be connected to a specific event, such as a birth, a passing, or an anniversary. Or, it may be a broader life circumstance such as the evolution of a relationship.

Intentional Aromatherapy Massage

Aromatherapy in a uniquely Mii amo way. By combining the uncommon partnership of ten essential oils and ten intention-setting cards, this treatment approaches aromatherapy by essence rather than by sense of smell. It includes a dry body brush exfoliation with light massage.

Intuitive Massage

Combining a gentle massage with an energy reading, your therapist balances and integrates the various aspects of your psyche. Both healing touch and conversation are carefully attuned to your needs so you may deeply reconnect to your sense of wholeness.

Insight

This is an invitation to discover how your personal energy expresses itself. A meditation and energy reading lead to an in-depth exploration into duality and your innate intelligence that lives beyond it.

Resilient Alignment

Step into a sanctuary of empowerment, thoughtfully designed to support awareness, exploration, and renewal. Your journey begins with mind/body awareness, nurturing language, and guided reflection to clarify your energetic landscape and intentions. Embodiment practices and resilience tools follow, expanding your inner capacity beyond the service. A balancing Polarity session concludes the experience, honoring the body's wisdom and inviting steadiness and alignment.

Soul Consciousness

Through a variety of healing modalities, a master therapist shares techniques that help support heightened awareness, new perspective, or reconnection with your inner self. Techniques may include guided imagery, energy work, emotional release, soul journey, and breath work. Become more conscious of your hidden gifts and restore harmony and balance to your life.



ENCHANTMENT GUESTS AT MII AMO

Enchantment guests (ages 16+) enjoy exclusive access to Mii amo.

All Enchantment guests may use the Fitness and Movement studios, dine at Hummingbird, and are invited to attend the twice-daily Mii amo Crystal Grotto rituals and visit the Juice Bar and the Boutique.

Guests with confirmed reservations for spa services at Mii amo are invited to enjoy the communal areas of Mii amo on the day of their service, 1-hour before and 1-hour after their spa reservation. This includes the Mii amo Living Room, Pool, Sauna, Whirlpool, and Steam Room.

To make a spa reservation, please call 928.204.6101 or dial 301 from your guestroom phone.



SKINCARE

Our skincare specialists use only the finest products and advanced facial techniques.

Mii amo Custom Facial

Tailored to your skin's unique needs, this personalized facial includes a thorough skin analysis, deep cleanse, exfoliation and focused treatments to balance sensitivity, hydrate and restore a natural glow.

CBD Facial

Indulge your skin in the ultimate calming experience designed to soothe, balance and hydrate. Infused with high-quality CBD, this facial balances oil production and supports your skin's natural healing process.

Crystal Facial

A holistic, hydrating skincare treatment that combines traditional facial techniques with the energy-healing properties of crystals and gemstones. This luxurious experience is designed to enhance both the appearance of the skin and the overall sense of wellbeing.

Radiant Renewal

The ultimate luxury face and body treatment. A complete facial tailored to every type of aging skin, designed to detoxify and provide deep hydration leaving skin firm, plumped and smooth completed with a body treatment application to tone, hydrate and restore.

BODY TREATMENTS

Our Body Treatments include varying types of exfoliation, wraps and massages.

Desert Mist Body Renewal

This scrub, wrap and full body massage deliver head-to-soul healing. A soft magnesium scrub calms and reduces inflammation, and is followed by a clay wrap, which draws out toxins and improves circulation. Finally, a relaxing body massage utilizing a rich body butter moisturizes the skin.

High Desert Enzyme Wrap

After a whole body detoxifying dry brush, a light wrap of botanical and fruit enzyme oils stimulate the skin's ability to repair and hydrate. Now your skin is ready for a peptide-infused body lotion that nourishes and increases cellular rejuvenation.

Dosha Balancing Wrap

A restorative Ayurvedic wrap and oil-based therapy intuitively selected to support your energetic state and dosha. Take a scent journey of herbal oil blends, light exfoliation through soothing brush strokes, nourishing oil application leading to a warm, detoxifying botanical wrap.

Jojoba Butter Wrap

Native to Arizona, jojoba is a drought tolerant shrub seen across our landscape. Our jojoba shea butter is loaded with antioxidant properties. When wrapped in the butter after an exfoliating bee balm sugar scrub, it easily absorbs deep into the skin leaving your complexion supple and smooth.

MASSAGE AND BODYWORK

Our Massage and Bodywork Treatments include varying types including couples massage.

Ancestral Stone Massage

Ancient cultures around the world believe that our ancestors work through stones to support our healing journeys. This modern-day interpretation incorporates both hot and cold stones. Basalt stones are used for their thermodynamic qualities that maintain heat and transfer energy while marble stones remain cold resulting in a direct effect on the cardiovascular system and relaxation of the muscle tissue.

CBD Massage

Our CBD massage begins with a dry brush and hot compresses, to prepare the body to receive the healing benefits of the CBD oil. Then, using a combination of massage techniques and application of a high potency CBD salve, stress, anxiety, and muscle tension are relieved.

Explore the Full Spa Menu by scanning the QR Code below.



Spa hours are 6:00 am to 9:30 pm

Available to guests Ages 16+

Artistic Activities



Visit our Artist Cottage and explore a variety of classes offered daily. Supplies Included. Please reserve 24 hours in advance.

Beading (1–2 hours)

\$135 solo guest, \$105 per additional guest

Create a unique bracelet with beading wire and sterling silver clasps. Select from stone, ceramic, or wood beads to design a bracelet that resonates with your personal creative style.

Creativity in Clay (2 hours)

\$275 solo guest, \$200 per additional guest

Discover traditional pottery techniques—pinch pots, coils, and slabs—while shaping soft clay by hand. Explore how to personalize your creations such as the intricate patterns of a local plant, a child's hand or even your pet's paw prints.

Creativity in Mixed Media (2 hours)

\$215 solo guest, \$195 per additional guest

Mixed media allows you to experiment with various methods and mediums. Learn techniques to blend different mediums, creating depth, contrast, and visual interest.

Drawing in Nature (2 hours)

\$215 solo guest, \$195 per additional guest

Meander along Enchantment's pathways to discover the elements and textures of the high desert. From the towering sandstone red rocks to cacti and juniper bark, connect to nature while building your observation and drawing skills.

Exploring the Acrylic Palette (2 hours)

\$215 solo guest, \$195 per additional guest

An ideal class for beginning painters, allow our artists to teach you how to work with this versatile, bright and bold medium. Learn beginner to advanced acrylic painting methods including underpainting, glazing and textural effects.

Gourd Decorating (2 hours)

\$155 solo guest, \$135 per additional guest

Using locally grown gourds, you'll learn how to transform them into stunning works of art using various techniques, such as painting, staining, and embellishing. Discover how a humble gourd can become a canvas for self-expression.

Pastel Perspectives (2 hours)

\$215 solo guest, \$195 per additional guest

Explore the magic of creating art with pastels. Your instructor will guide you through various techniques to help you find your individual style, while enjoying the magic of blending and color.

Prayer Arrows (1 hour)

\$135 solo guest, \$105 per additional guest

Symbolically manifest your intentions in this calming, meditative experience. Guided by one of our artists, you'll use Navajo-Churro yarn, indigenous feathers, a crystal, and willow to craft your own arrow—channeling energy and purpose through art.

Spirit Animal Painting (2 hours)

\$215 solo guest, \$195 per additional guest

Discover your guiding spirit animal through your choice of inspirational oracle card. Learn where they can guide you as you free flow paint their image in a colorful and stylized depiction. In this class you'll work on an 8x10 wrapped canvas with acrylic paints.

Southwest Pottery Glazing (1–2 hours)

\$135 solo guest, \$105 per additional guest

Learn the secrets of pottery glazing from our expert instructors. Your masterpiece will bake in our on-site kiln and be ready the following day.

NEW! Handcrafted Soap (1.5 hours)

\$135 solo guest, \$105 per additional guest

Discover the art and science of traditional cold process soap making, using fragrant oils, vibrant colors, and dried flowers to craft your own unique soaps. Ages 14+

Tree of Life (2 hours, ages 16+)

\$155 solo guest, \$135 per additional guest

Transform copper wire and crystal and stone chips into a tree of life pendant. Explore detailed wire working skills using jewelry pliers to bend, twist and shape copper wire into intricate designs.

Watercolors (2 hours, ages 7+)

\$215 solo guest, \$195 per additional guest

Learn how to capture the stunning red rock scenery, along with plants, animals, or any themes that inspire and spark your creativity, with our resident watercolor artist.

Wheel Thrown Pottery (2 hours, ages 16+)

\$275 solo guest, \$200 per additional guest

Feel the clay come to life in your hands as your imagination takes shape on the wheel. Explore essential techniques from centering clay and pulling up walls with instruction for all skill levels.

Wood Burning (2 hours, ages 18+)

\$155 solo guest, \$135 per additional guest

Dive into the art of pyrography—the technique of using a heated tool to burn intricate designs onto wood. Craft a one-of-a-kind design on a live edge wooden round.

*We kindly request that cancellations be made 24 hours in advance of the scheduled class. Cancellations made within 24 hours will be charged in full.

Camp Coyote

Designed to educate and inspire our youngest travelers, Camp Coyote offers activities that explore the region's culture and natural environment. Trained counselors guide campers ages 4-12 through a host of adventures including nature walks, arts and crafts, scavenger hunts, and culinary activities.

SIGNATURE CAMP PROGRAMS

Arts & Crafts

Make unique crafts such as painted wooden snakes and lizards, terra cotta pots and magnets.

Canyon Geocache

Learn how to use a compass before venturing out to hunt for hidden treasure boxes.

Camp Sports

Enjoy time outdoors with a variety of games from pickleball, tag and relay races, ping pong, foosball, and/or bocce ball.

Indoor Games

Campers can choose from a wide variety of board games, puzzles, guessing games and indoor table games.

Kids in the Kitchen

Learn how to bake cupcakes, banana bread, cookies or muffins.

Microscope Nature Walk & Pond Study

Embark on a short nature walk around property to collect samples, then examine them under microscopes back at Camp Coyote. Weather permitting, we'll also study the hidden life found in small puddles.

Mystery Tracks

Find and identify animal tracks and learn how they survive in the desert.

Nature Walk

Discover plants and wildlife around Boynton Canyon.

Night Time Sensory Activities

Experience how the darkness of the canyon at night can play tricks on vision and/or enhance the other senses.

Stargazing (Tuesdays & Saturdays)

Use telescopes to learn about our solar system. Available only during Evening Camp.

HOURS & PRICES

*subject to counselor availability

Morning Half Day Camp

8:30 am – 12:00 pm | \$215 solo guest
\$175 per person 2+ guests

Afternoon Half Day Camp

12:30 – 3:30 pm | \$215 solo guest
\$175 per person 2+ guests

Evening Camp*

5:00 – 9:00 pm | \$245 solo guest
\$205 per person 2+ guests

Full Day Camp

8:30 am – 3:30 pm | \$395 solo guest
\$315 per person 2+ guests

Activities may vary due to weather conditions, season and participants.

ENROLL IN CAMP

All sessions above include a Camp Coyote backpack, snack or meal, and all craft materials.

For more information or to make a reservation, please contact our camp counselors by dialing 928.204.6056 or dial 6056 from your guestroom phone.

POLICIES

All children must be fully potty trained.

Cancellations must be received 24 hours prior to the camp start time to avoid a cancellation charge of 50% of the value of the session.

KIDS MOUNTAIN BIKING CAMP LITTLE SHREDDERS

\$330 per child, Offered daily at Trail House
2 – 3 hour Private Mountain Bike Lesson and Ride led by our expert mountain bike guides. Camp includes a custom Trail House jersey and sport bottle. Ages 8 – 15.



Experiences and Outdoor Adventures

Explore Sedona

Please contact Trail House for more information about the tours listed below.

Helicopter Tours

Soar above the red rocks allowing the landscape to unfold in breathtaking layers beneath you. Our helicopter tours offer a whole new perspective and a profound sense of awe and tranquility, revealing Sedona's natural beauty in a way that ground-level views simply cannot capture.

Northern Arizona Wine Tours

Explore Arizona's picturesque Verde Valley on a private tour with our Trail House guides. Visit Page Springs' renowned wineries in the comfort of our luxury transit vans and discover a delightful blend of vineyard exploration and exceptional wine tasting experiences, promising a memorable adventure for enthusiasts and connoisseurs alike.

Please contact the concierge for more information about the tours listed below.

Hot Air Balloon Rides

View the spectacular vistas of Red Rock Country from a hot air balloon. The fun begins with the exciting inflation of the balloon and continues as you rise with the sun during the ascent.

Pink Jeep Off-Road Tours

Sedona's famous red rock landscape offers adventure at every turn. Experience it for yourself with off-road tours that wind through the scenery in Pink Jeep® Wranglers. On Fridays, Saturdays, and Sundays, select tours depart directly from the resort.

Tlaquepaque Arts & Crafts Village

Explore luxury shops, fine restaurants and arts and crafts galleries in a village setting of courtyards, splashing fountains and flower gardens.



SEVEN CANYONS GOLF

As a preferred partner of nearby Seven Canyons Golf Club, resort guests enjoy exclusive access to the 18-hole, Tom Weiskopf-designed championship golf course. A full master-plan renovation was completed in 2024 including a new Short Game Practice Park featuring an 8,000 sq ft practice putting green, chipping and pitch-shot practice greens and a new bunker complex.

To reserve private lessons or tee times, please contact the concierge.

Directory

Artistic Activities

To make a reservation for one of our artistic classes, please call 928.203.8470 or dial 8179 from your guestroom phone.

Camp Coyote

To make a reservation for Camp Coyote, please call 928.204.6056 or dial 6056 from your guestroom phone.

Epicurean Experiences

To make a reservation for one of our epicurean classes, please call 928.204.6014 or dial 303 from your guestroom phone.

Fitness and Wellbeing

For more information on fitness classes, mindfulness lectures and presentations, and full moon / new moon ceremonies please call 928.204.6101 or dial 301 from your guestroom phone.

Golf at Seven Canyons

To book private lessons or tee times, please contact the concierge at 928.204.6014 or dial 303 from your guestroom phone.

Trail House

To make a reservation for one of our outdoor adventures, please call our Adventure Advisors at 928.203.8407 or dial 6983 from your guestroom phone.

Mii amo, a destination spa

To make a reservation for a spa service or a Mii amo fitness offering, please call 928.204.6101 or dial 301 from your guestroom phone.

Pink Jeep Tours

Please contact the concierge at 928.204.6014 or dial 303 from your guestroom phone.

Tennis / Pickleball

For more information about private lessons or court reservations please contact the Tennis Pro Shop at 928.204.6027 or dial 6027 from your guestroom phone.