

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.

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Included In Your Daily Resort Fee

Morning Ritual Evening Meditations Fitness & Wellbeing Presentations <i>Summer Celestial Cycles</i> <i>Healthy Back and Intro to Power Plate</i> <i>Healthy Habits for Longevity and Let's Talk Nutrition</i> <i>Intro to the Chakras</i> <i>Juicing</i> <i>Mindfulness Through Breath</i> <i>Understanding Dreams</i> History of Boynton Canyon (Tuesdays & Fridays) Fireside Conversations at Trail House (Wednesdays) 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.
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Special Events

Full Moon Hike

June 10, 11 and 12, July 9, 10 and 11

August 8, 9 and 10

\$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

June 24, 25 and 26, July 23, 24 and 25

August 21, 22 and 23

\$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.

Moon Ceremonies ★

12:10 pm, Mii amo Crystal Grotto

Full Moon | June 10 and 11, July 9 and 10

August 8 and 9

New Moon | June 24 and 25, July 23 and 24

August 22 and 23

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.

History of Boynton Canyon ★

Tuesdays and Fridays

4:00 – 4:15 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, flora and fauna as well as its integral role in shaping the cultural tapestry of the region.

Summer Solstice Celebration ★

June 20, 11:30 am and 12:00 pm

Advanced Reservation Required

Mii amo Crystal Grotto

The Summer Solstice signifies the time when the Earth is at the fullness of her strength, fertility, and abundance. Join the Mii amo mindfulness team for a celebration and guided meditation to celebrate and feel gratitude. *Please dial 303 from your guestroom phone to reserve.*

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.
\$55 per person, 4 person minimum*

June: Gnocchi

Saturdays, 3 – 3:30 pm

Learn the secrets to shaping and cooking tender Italian gnocchi paired with seasonal ingredients. Our chef will demonstrate the delicate balance of potato, flour, and technique to achieve pillowy perfection.

July: Juniper Ice Cream

Tuesdays, 1:30 - 2:00 pm

Celebrate National Ice Cream month! Join our pastry chef for a demonstration on crafting unique ice cream flavors. This class features a juniper-infused creation, inspired by the natural surroundings.

August: Empanadas

Saturdays, 3 – 3:30 pm

Join our chef for a demonstration on preparing homemade empanadas. Learn step-by-step how to create flaky pastry and prepare a savory filling!

Sommelier Social

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

Embark on a delightful tasting journey with our resort sommelier, exploring four thoughtfully selected wines from the Enchantment cellar. Sip and socialize while allowing the aromas and tastes transport you to the heart of each vineyard.

Craft Cocktail Experience

Day and time arranged at booking. Please reserve 48 hours in advance. \$75 per person plus \$100 mixologist fee per group, 2 person minimum

Learn how to create cocktails tailored to your palate! Choose your own or select seasonal cocktails.

Please dial 303 from your guestroom phone to reserve culinary classes and wine and craft cocktail experiences.

HUMMINGBIRD AT MII AMO

Guests of Enchantment (ages 16+) enjoy access to Mii amo's signature restaurant, Hummingbird. The seasonal menus are ingredient-based focusing on simple, elevated, and high-quality dishes built on locally sourced ingredients with subtle touches from across the globe.

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

Chef's Garden Experience

*Wednesdays & Fridays, 11 am – 12:00 pm
Please reserve 24 hours in advance.
\$65 per person, Mii amo Chef's Garden*

Explore the Mii amo 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.

Please dial 301 for Chef's Garden reservations.

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



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
\$75 for each additional person

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

Cardio Tennis (ages 16+)
Sundays, Wednesdays & Fridays
8:00 – 9:00 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, Saturdays
8:00 – 9:00 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
9:00 – 10:00 am, \$90 per person
Maximum of 10 participants per class.

Intro to Archery (ages 12+)
Mondays, Tuesdays, Thursdays & Saturdays
9:00 – 10:00 am, \$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, Ring Toss, 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.



ROCK CLIMBING ADVENTURE

Please reserve 48 hours in advance.

\$695 per person, 2 person minimum.

Ascend to new heights with our new rock climbing adventures. Explore the Granite Dells near Prescott, Arizona and discover how rock climbing builds confidence while increasing strength and flexibility of both mind and body. Depart from Enchantment on a custom adventure tailored to your skill level led by Arizona Climbing Guides. Includes breakfast, lunch, snacks and transportation.



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

Please reserve 48 hours in advance.

\$3,500 per 2 person minimum, plus \$500 for each additional guest.

This adventure begins with a guided hike through Upper Antelope Canyon, Rattlesnake Canyon, and Owl Canyon, all led by an expert Navajo guide. Afterward, your Trail House guide will take you on a tour of Page, AZ, where you'll visit popular sights including Horseshoe Bend, Wahweap Viewpoint, and Lakeshore Drive. The journey to and from Page offers awe-inspiring stops and viewpoints, making the road excursion just as exciting, with visits to Oak Creek Overlook, Cameron Trading Post, and Antelope Pass Vista.



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 SUMMER HIKES

Hiking Under the Stars
2.5 hours | \$305 per person

Archaeological Dwellings
Wupatki National Monument
6 hours | \$420 per person

Walnut Canyon National Monument
6 hours | \$420 per person

Hike the Red Rocks
2.5 hours | \$230 per person

VORTEX HIKES

Bell Rock Vortex Experience
4 hours | \$330 per person

Boynton Canyon Vortex
4 hours | \$330 per person

Table Top Vortex Experience
4 hours | \$330 per person

PHOTOGRAPHY TOURS

Red Rock Photography
Day and time arranged at booking
2.5 hours | \$350 per person

Drive to stunning vistas during golden hour, enhance your photography with expert guidance, and capture a shot worth framing.

Night Sky Photography
Day and time arranged at booking
2.5 hours | \$350 per person

Explore the Milky Way or moon-lit red rock cliffs under Sedona's starry skies guided by our professional photographer. You'll capture an extraordinary shot worthy of a frame. A mirrorless or DSLR camera is required.

STARGAZING

Private Stargazing
\$500 (1-5 people)

Sedona is known as one of the top stargazing locations in the world. Immerse yourself in the spectacular night sky alongside our resort astronomer.



With hundreds of miles of mountain bike trails in and around Sedona, let our expert guides lead you on an adventure that is best suited to your interests and abilities. Please wear appropriate athletic attire. Helmets are provided.

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.

An expert guide will fit you to the bike and recommend trails for your skill level.

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

Trail House Fireside Conversations ★
Wednesdays
7:00 – 8:00 pm, Trail House

Join the Trail House for a casual conversation with our adventure guide of the week. Each session features a new guide and their unique area of expertise, offering you the perfect chance to learn more about exploring Sedona and beyond.

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.

Guide Spotlight



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.



ROY JULIAN

Roy finds great joy in guiding guests along the trails and showcasing the natural, archaeological wonders of Sedona. His specialty lies in illustrating the ecosystem that predates modern civilization. As a primitive skills enthusiast, Roy animates his excursions using replica examples of the food, tools and clothing used by these early settlers.



SOLEIL BRIGHAM

Soleil has been involved with naturalist studies and the spiritualities of the world for decades. A long time lover of Sedona, she has traversed the trails since the early 90s and teaches about medicinal and edible plants, geology and spirituality. She has a degree in world religions, a background in the holistic healing arts, forgiveness, meditation, yoga and forest bathing.



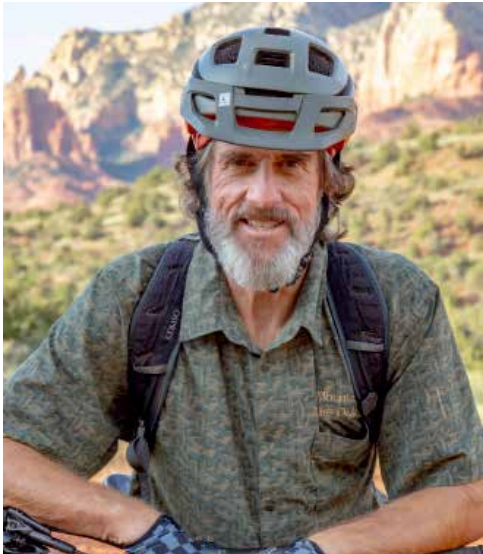
LARRY LINDAHL

A professional travel and nature photographer with images published in international magazines and award-winning books, Larry offers guests a unique perspective while traversing through Sedona’s breathtaking red rock landscape. Larry’s photography work can be viewed in several exhibits throughout the United States.



STASSI KANKAANPAA

Stassi’s love for the outdoors was sparked by her grandmother, who began taking relatives visiting from Finland on trips to the Grand Canyon in the 1970s. Her mom carried on this tradition of exploration, passing it down to Stassi. She was camping before she could even walk, and has since visited countless National Parks. When she’s not guiding guests through the Southwest, you’ll find her renovating homes, hiking trails, or sampling new cuisines in different countries.



DOUG COPP

A native Arizonan and lifelong cyclist, Doug has been volunteering with the forest service building trails in Sedona since 1994. His knowledge and understanding of Sedona’s dynamic trails provides riders the best possible experience, as few understand the landscape better than Doug.



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
8:00 – 9:00 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. ★*

Bosu Blast
Sundays
9:30 – 10:30 am, \$35 per person
This fun and challenging total body workout utilizes the half-ball Bosu in various ways to improve balance, stability and strength.

Intro to Pickleball
Mondays, Tuesdays, Thursdays and Saturdays
8:00 – 9:00 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 10:20 – 10:50 am
Join us for a 30-minute class highlighting the benefits and many uses for the power plate.

Aqua Fit
Tuesdays and Saturdays, 7:30 – 8:30 am
Mii amo Pool, \$35 per person
Experience a fun, full-body workout in the pool! Aqua workouts provide a refreshing and effective way to enhance fitness.

Cardio Shred
Tuesdays
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.

Pump It Up
Wednesdays and Fridays
9:30 – 10:30 am, \$35 per person
Shape and tone your entire body, increase core strength, burn calories and improve bone health. Strength training using weights and high repetitions – the secret to developing lean athletic muscle.

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.

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
\$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.

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 and Fridays, 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 am – 12:00 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, Mii amo Juice Bar, 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.

Mii amo Chef's Garden Experience

Wednesdays and Fridays, 11:00 am – 12:00 pm
\$65 per person, Mii amo Chef's Garden
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 ★

Tuesdays, 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.

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 ★

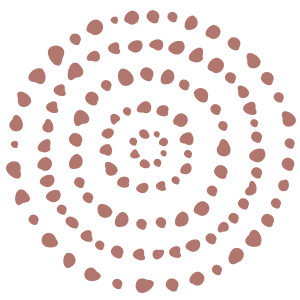
Tuesdays and Fridays, 5:20 – 6:00 pm
Mii amo Living Room

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

Summer Celestial Cycles ★

Wednesdays and Saturdays, 3:00 – 4:00 pm
Mii amo Labyrinth

Embark on a journey with the Mii amo mindfulness team to unleash your inner creativity, quieting the inner critic or judge that often hampers creative expression. Guests are guided through an artistic exercise using watercolors to explore color and emotion inspired by the natural environment.



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 aligned with the body's seven chakra centers are used in conjunction with their coordinating colors of minerals, crystals, and stones. The oils vibrate at the frequency of each chakra and, when combined with energy work, guide you toward more balance and clarity.

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 a light, flowing 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.

Summer Celestial Cycles Seasonal Offerings

Manifestation Massage
Grow and Glow Facial
Infinite Possibility Meditation



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.

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.

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.



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 Facial

After an assessment of your skin type and any concerns, your esthetician will create and deliver a custom protocol to address your skin's needs. A variety of purposeful techniques including guasha, micro current, multi wave light technology and products are selected to hydrate and reduce inflammation.

Cupping Facial

This unique method uses cups to increase circulation and stimulate collagen production which can minimize puffiness and reduce the appearance of fine lines while easing muscle tension and promoting whole health.

Lymphatic Facial

Working to stimulate the lymphatic system, this facial focuses specifically on detoxification, enhancing blood circulation and delivering fresh oxygen to tired, overworked skin.

Gentlemen's

Designed to address the special needs of men's skin, this facial considers the effects of daily shaving and how it can sensitize skin.

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. A tension-releasing face and scalp massage complete this experience.

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

This Ayurvedic treatment addresses your unique constitution (Dosha). It begins with a scent journey of three Dosha-balancing oils. Light, rhythmic strokes soothe the skin while preparing you for a warm, detoxifying, herbal-infused wrap. An energy-opening Ayurvedic Marma- Point facial massage finishes this experience.

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 Mixed Media (2 hours)

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

Guided by experienced instructors, learn techniques to blend different mediums, creating depth, contrast, and visual interest in your work. Whether you are a seasoned artist or a beginner eager to explore a new form of self-expression, mixed media allows you to experiment with various methods and mediums.

Drawing in Nature (2 hours)

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

Explore the beauty of nature from an artist's perspective. 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. *Weather permitting.*

Exploring the Acrylic Palette (2 hours)

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

An ideal class for beginning painters, allow our artist instructors 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.

Clay Impressions (1 hour)

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

Create a keepsake of your time at Enchantment by capturing the moment with a meaningful impression in soft, pliable clay—whether it's your dog's paw, your child's handprint, or the delicate texture of a local plant.

Creativity in Clay (2 hours)

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

Discover the origins of pottery making by learning traditional techniques such as pinch pots, coils, and slabs. In this workshop, you'll develop your skills in shaping and molding clay by hand.

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 exploration.

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.

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 in watercolor from our resident 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, such as painting, staining, and pulling up walls in this memorable, hands-on experience with instruction for all skill levels.

NEW! 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, storytelling, and cultural exploration.

NEW! Wood Burning (2 hours, ages 18+)

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

In this class, you'll 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 stunning live edge wooden round. Whether you're inspired by the natural beauty of local flora or wildlife or the contours of the canyon, the possibilities are endless.

**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 | \$175

Afternoon Half Day Camp

12:30 – 3:30 pm | \$175

Evening Camp*

5:00 – 9:00 pm | \$205

Full Day Camp

8:30 am – 3:30 pm | \$315

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

\$295 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.



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.