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
*Fall 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)*
Boynton Canyon Uncovered *(Sundays, Wednesdays & 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**
***September 25, 26 and 27, October 24, 25 and 26***
***November 23, 24 and 25***
*$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**
***September 9, 10 and 11, October 9, 10 and 11***
***November 8, 9, and 10***
*$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** | ***September 25 and 26***
***October 24 and 25, November 23 and 24***

**New Moon** | ***September 9 and 10***
***October 9 and 10, November 8 and 9***

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.

**Trivia Night** ★
***Saturdays***
*7:30 – 9:00 pm, Artist Cottage*

Join us for a fun evening of trivia and great company. Complimentary and open to all—no reservations needed. Fun for all ages.

**FALL EQUINOX CELEBRATION**
*September 22, 12 – 12:30 pm*
*Mii amo Labyrinth*

The Fall Equinox is a meaningful time of the year to honor the harvest of efforts and intentions for your life path that you set earlier in the year. As we consciously link our awareness to nature's cycles, our understanding of our own cycles begins to deepen.

# 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.*
*$65 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!

**September | Enchantment Chocolate Chip Cookies**
*Tuesdays, 1:30 – 2:00 pm*

Our iconic, secret recipe is the foundation of this indulgent, house-made chocolate chip cookie experience designed for true chocolate lovers and elevated with exceptional ingredients.

**October – 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.

**November – From Dough to Flame**
*Saturdays, 3:00 – 3:30 pm*

Learn the essentials of artisan dough from fermentation and stretching to oven technique, then explore seasonal toppings inspired by the Southwest as well as classic Italian traditions.

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

### Agave Hour: Mezcal & Tequila Experience

*Mondays and Saturdays, 2:00 – 3:00 pm*
*$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.

### Glass and Rind

*Wednesdays, 3:00 – 4:00 pm, $95 per person*
*Advanced reservations requested.*

Join our sommelier for a curated journey of three wines and three artisan cheeses, thoughtfully accompanied by gourmet accoutrements. Savor each pairing as you explore the art and nuance of wine and cheese.

### Sommelier Social

*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.

*Please dial 303 from your guestroom phone to reserve culinary experiences. 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.*

### 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, $300 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*
*9:00 – 10:00 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 six 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*
*9:00 – 10:00 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.

## 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*
*10:00 – 11:00 am, $90 per person*
*Maximum of 10 participants per class.*

**Intro to Archery** *(ages 12+)*
*Mondays, Tuesdays, Thursdays and Saturdays*
*10:00 – 11:00 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, and Soccer are also available. ★

TRAIL HOUSE

# Outdoor Adventures

Trail House is the epicenter for active outdoor experiences. Stop in to learn about our vast array of hiking, mountain biking, kayaking 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.



## FALL BIRD WATCHING ADVENTURES

**Resort Grounds or Oak Creek**

Resort | *2 hours* | *$230 per person*
Oak Creek | *4 hours* | *$330 per person*

**Wings to Wine**

*4 hours | $365 per person*

Arizona ranks as the third top state for birdwatching in the U.S. Situated along the Pacific Flyway, Sedona serves as a key stopover for migrating birds. From late August to early November, the area sees a mix of hummingbirds, songbirds, raptors, and other species on their way southward.

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.



## ANTELOPE CANYON LAND EXPEDITION

*Please reserve 48 hours in advance.*
*$3,500 per 2 person minimum, plus $500 for each additional guest.*

The ancient sandstone walls of Antelope Canyon have been shaped by wind and water over millions of years, forming one of the Southwest's most remarkable landscapes. This full-day expedition with Trail House begins with a scenic drive through Northern Arizona. An expert Navajo guide then leads you deep into the sculpted corridors of Upper Antelope Canyon, the heart of this expedition. The day continues through Page, Arizona, where sweeping vistas of Horseshoe Bend, Lake Powell and the surrounding desert landscape round out the experience, with a gourmet picnic along the way.



# 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.

As a UNESCO World Heritage Site and one of the world's most celebrated natural wonders, the Grand Canyon is recognized for its outstanding universal value. Through our partnership with UNESCO, your experience helps support the preservation, education, and stewardship of this remarkable place for future generations.

TRAIL HOUSE

# 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 FALL EXPERIENCES

**Hiking Under the Stars / Full Moon Hike**
*2.5 hours | $305 per person*

**Sunset Hike the Red Rocks**
*2.5 hours | $230 per person*

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

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

**Scenic Driving Tours**
Premier Sedona Driving Tour
*2.5 hours | $230 per person*

Premium Sedona Vortex Driving Tour
*3 hours | $285 per person*

## VORTEX HIKES

**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*

## TRAIL RUNNING

**Red Rock Trail Run**
*2 hours | $230 per person*

## 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 is a recipient of the Leave No Trace Gold Standard designation and the sixth Guiding Outfitter in the world to achieve this distinction We kindly request that you follow the Leave No Trace Principles. Visit Trail House to learn more.

## 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.

## 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 a leading innovator in high-performance mountain bikes and received the Bicycling Editors' Choice award.

## WINERY TOURS

**Page Springs Winery Trail**
*5 hours | $450 per person*

**Vineyard Vista Tour**
*3 hours | $315 per person*

**History of Boynton Canyon ★**
***Tuesdays and Fridays,** 5:00 – 5:15 pm*

Meet at Trail House for a 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.

**Boynton Canyon Uncovered ★**
***Sundays, Wednesdays and Thursdays***
*5:00 – 6:00 pm, Trail House*

Visit Trail House for an up-close look at Boynton Canyon wildlife—featuring pinned insect specimens, a javelina skull replica, and a live tarantula encounter.

## ROCK CLIMBING ADVENTURE

*Please reserve 48 hours in advance.*
*$695 per person, 2 person minimum.*

Ascend to new heights with our Granite Dells rock climbing adventure near Prescott, Arizona. Discover how rock climbing builds confidence while increasing strength and flexibility of both mind and body.

# Guide Spotlight



## CARLA WILLIAMS

A published author and avid adventurer, Carla spent over 40 years in Alaska, exploring glacial valleys and the majestic Alaska wilderness. As a Trail House guide, she takes guests along the trails to reveal the unique geology, archaeology, spiritual vortexes, desert flora and historical sites throughout Sedona's awe-inspiring red rock terrain. She is the president of the non-profit Keep Sedona Beautiful.



## 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.



## LISA GRUBBS

An adventure enthusiast and naturalist, Lisa finds great joy in the mystery, beauty and intelligence of nature. She discovered the amazing world of birds and wildlife as a child at her family cabin in Colorado and the excitement has never waned. A former naval officer, Lisa studies birds and what supports them, in particular, the diverse and abundant species in Arizona. Peeking into the secret world of birds has captivated her heart and she loves to share this joy with others.



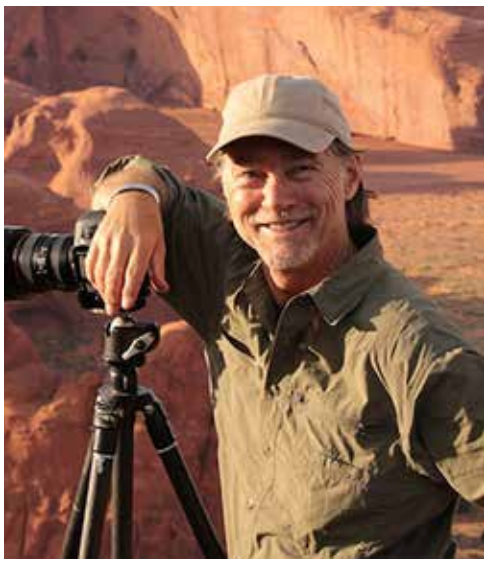
## BILL MILLER

Bill has lived in and explored Northern Arizona for the past 28 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.



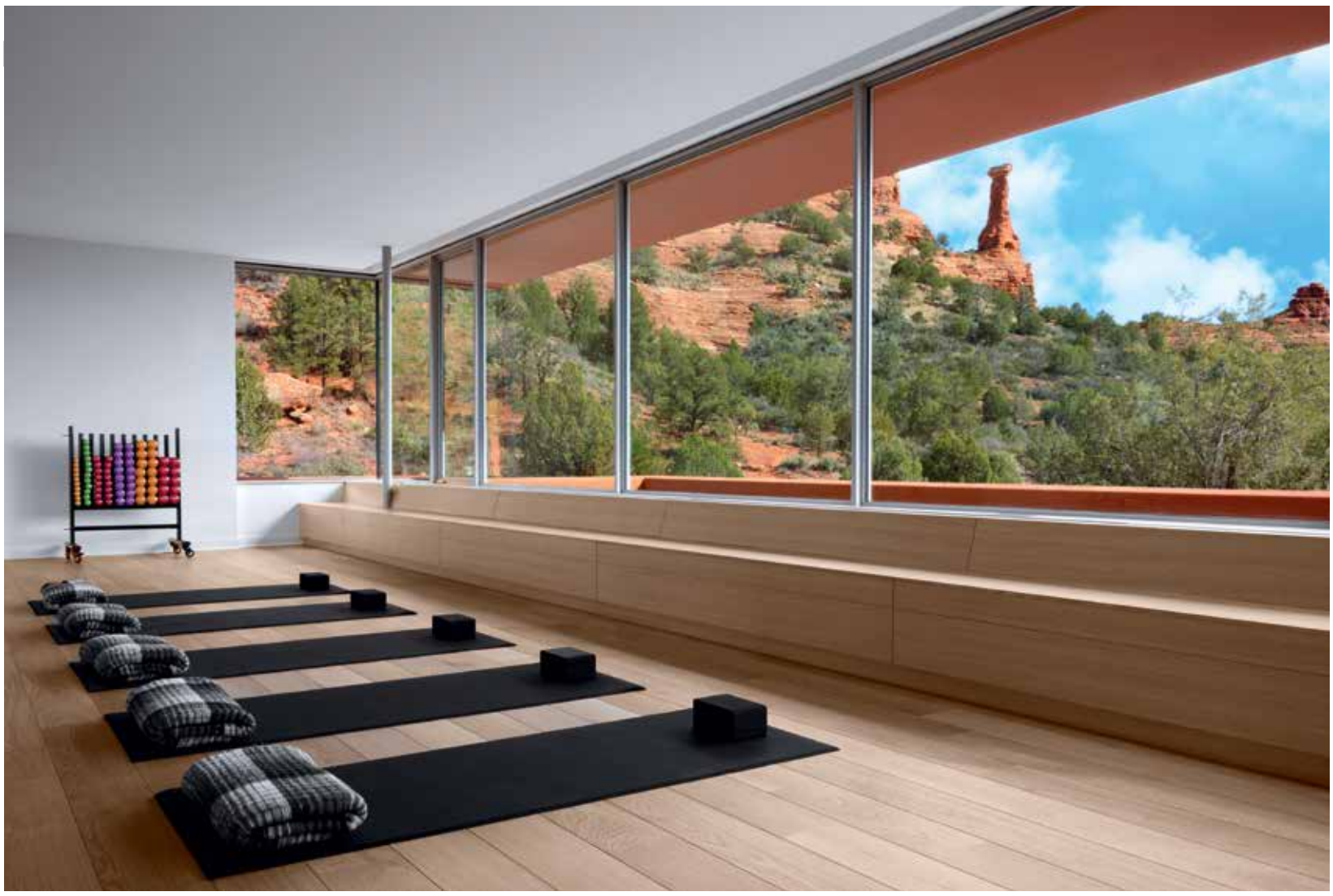
## SOLEIL BRIGHAM

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.



# 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.*

**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.

**Cardio Tennis** *(Reservation Required)*
*Sundays, Wednesdays and Fridays*
*9:00 – 10:00 am, $90 per person*

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

**Intro to Pickleball** *(Reservation Required)*
*Mondays, Tuesdays, Thursdays and Saturdays*
*9:00 – 10:00 am, $90 per person*

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

**Stretch and Strengthen**
*Mondays, 10:50 – 11:50 am, $35 per person*

A full-body, low-impact workout that blends muscle-strengthening with flexibility training to enhance overall mobility. It pairs functional strength exercises that support joint stability with deep stretching to ease stiffness. Suitable for all fitness levels, it supports better posture, faster recovery, and injury prevention.

**Intro to Power Plate** ★
*Mondays, 1:10 – 1:40 pm & Fridays, 10:50 – 11:20 am*

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

**Aqua Fit**
*Tuesdays, 8:30 – 9:30 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.

**Express Strength Circuit**
*Tuesdays and Fridays, 12:10 – 1:00 pm*
*Mii amo Fitness Studio, $35 per person*

This is a high-efficiency workout format designed to build muscular strength, endurance, and cardiovascular health.

**Strength 60**
*Saturdays, 8:00 – 9:00 am, $35 per person*

This 60-minute, high-energy full-body workout combines strength training and cardio to tone your major muscles and burn calories.

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 & Saturdays, 8:40 – 9:10 am, Mii amo Labyrinth*

A guided meditation walk through the outdoor labyrinth.

### Healthy Back ★

*Mondays, 5:30 – 6 pm and*
*Saturdays, 4:10 – 4:40 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.

### Restore and Stretch ★

*Tuesdays, 4:10 – 4:40 pm*

Improve flexibility, reduce muscle tension and soreness, and calm the nervous system in this special 30 minute class focusing on basic yoga poses and stretches.

### Fascia Stretch

*Wednesdays, 8:00 – 9:00 am*
*Fridays, 3:00 – 4:00 pm, $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, 5:20 – 5:50 pm*
*Mii amo Crystal Grotto*

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

### Dusk to Dream: Evening Sound Immersion

*Wednesdays and Fridays, Reservation Required*
*6:00 – 7:00 pm, $35 per person*

Let the vibrational frequencies of the crystal sound bowls envelope you, promoting deep, full-body relaxation in a candlelit surrounding.

### Sacred Sound ★

*Tuesdays and Saturdays, 4:50 – 5:10 pm*
*Mii amo Crystal Grotto*

Join us in the heart of Mii amo, the Crystal Grotto, for a relaxing and soothing experience utilizing different sound instruments.

## 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*
*Thursday, 4:10 – 5:10 pm, $35 per person*

Renew the body with peaceful and nurturing asanas designed to relax, unwind & 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.

### Yoga/Pilates Fusion

*Mondays, 9:30 – 10:30 am, $35 per person*

A high-energy, low-impact, full-body workout that blends core-centric MAT Pilates with the flexibility, breath work, and flow of yoga.

### Qi Gong

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

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

### Mat Pilates

*Thursdays, 9:30 – 10:30 am*
*Tuesdays and 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.

### 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.

### Vinyasa Flow

*Fridays, 9:30 – 10:30 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.

### Yoga for Longevity

*Tuesdays and 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.

## LECTURES & PRESENTATIONS

*Reservations not required unless noted.*

### Vortex Lecture ★

*Sundays and Thursdays, 1:50 – 2:50 pm*
*Mii amo Labyrinth*

Discover the power of Sedona's vortex energy.

### Mindfulness Through Breath ★

*Sundays, 3 – 4 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.

### Healthy Habits for Longevity ★

*Mondays, 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.

### 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.

### 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 Crystal Grotto*

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

### Journaling for Self-Compassion ★

*Wednesdays, 9:00 – 10:00 am*
*Fridays, 3:00 – 4:00 pm, Mii amo Living Room*

Through journaling prompts, you will explore what you're ready to release, cultivate deep self-compassion, and envision the dreams and desires you wish to bring into your life.

### Mii amo Chef's Garden Experience

*Wednesdays and Fridays, 11 am – 12 pm*
*$65 per person, Meet at Hummingbird*
*Reservation Required - dial 301 to reserve.*

Join our chef for garden tour and discussion around plant cycles, companion planting and more. Includes a tasting of seasonal produce.

### Let's Talk Nutrition ★

*Wednesdays, 1:50 – 2:50 pm and Fridays*
*11:30 am – 12:30 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.

### Fall Celestial Cycles ★

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

Join the mindfulness team for a walk in the spiral labyrinth to enhance your connection to the Earth. Reflect on the blessings in your life, acknowledge any challenges you have faced, and harvest your accomplishments while embracing these gifts that you have created throughout the year.

# Mii amo

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.

## KILN FIRED

**Creativity in Clay** *(2 hours)*
*$275 solo guest, $200 per guest (2 or more)*

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.

**Southwest Pottery Glazing** *(1 – 2 hours)*
*$135 solo guest, $105 per guest (2 or more)*

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.

**Wheel Thrown Pottery** *(2 hours, ages 16+)*
*$275 solo guest, $200 per guest (2 or more)*

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.

## HANDICRAFT

**Beading** *(1 hour)*
*$135 solo guest, $105 per guest (2 or more)*

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.

**Candle Making** *(1.5 hours)*
*$135 solo guest, $105 per guest (2 or more)*

Hand-pour a custom candle by blending high-desert–inspired scents of your choice. Take home a fragrance that brings you back to the stillness of the canyon.

**Gourd Decorating** *(2 hours)*
*$155 solo guest, $135 per guest (2 or more)*

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.

**Handcrafted Soap** *(1.5 hours, ages 14+)*
*$135 solo guest, $105 per guest (2 or more)*

Discover the art and science of traditional cold process soap making, using fragrant oils, vibrant colors, and dried flowers.

**Tree of Life** *(2 hours, ages 16+)*
*$155 solo guest, $135 per guest (2 or more)*

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.

**Wood Burning** *(2 hours, ages 18+)*
*$155 solo guest, $135 per guest (2 or more)*

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

## PHOTOGRAPHY

**Red Rock Photography** *(2.5 hours)*
*$375 solo guest, $350 per guest (2 or more)*

Drive to stunning vistas during golden hour and enhance your photography skills.

**Creative Photo Tips** *(2 hours)*
*$325 solo guest, $285 per guest (2 or more)*

Join our professional photographer for a walk around property and learn techniques for focus, lighting, and composition.

## DRAWING & PAINTING

**Creativity in Mixed Media** *(2 hours)*
*$215 solo guest, $195 per guest (2 or more)*

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

**Pastels** *(2 hours)*
*$215 solo guest, $195 per guest (2 or more)*

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.

**Sketch the Scene** *(2 hours)*
*$215 solo guest, $195 per guest (2 or more)*

Immerse yourself in the textures, forms, and remote beauty that surrounds the resort. Meander along the resort pathways to capture the character of towering sandstone, cacti, and junipers, or find inspiration indoors among the resort's architectural details and design elements.

**Watercolors** *(2 hours, ages 7+)*
*$215 solo guest, $195 per guest (2 or more)*

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.

**DISCOVER MORE ART CLASSES ON YOUR GUESTROOM TABLET!**

**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, natural environment, and our campers' scientific imaginations. Trained counselors guide campers ages 4-12 through a host of adventures including nature walks, arts and crafts, scavenger hunts, STEM programming and culinary activities.




## SIGNATURE CAMP PROGRAMS

### Arts & Crafts

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

### Boynton Canyon Geological Expedition

Learn about how Sedona's red rocks were formed and dig for oceanic fossils in our fossil pit! If you're joining camp for multiple days create plaster fossils out of silicone molds.

### 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.

### Coyote Lab

Work on STEM projects like slime circuits, soap making, bath bomb creations, and much more!

### Kids in the Kitchen

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

### Leave No Trace Programming

Camp Coyote has partnered with Leave No Trace and Project Wild to teach our campers about the natural world and the steps they can take to help protect our planet.

### 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.

### Mystery Tracks

Find and identify animal tracks and learn how they survive in the desert. If you're joining camp for multiple days, create plaster casts of local tracks.

### Nature Walk

Discover the plants and animals that call Boynton Canyon home! Use binoculars, field guides, and nature journals to explore its diverse species.

### 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.

## ENROLL IN CAMP

For more information or to make a reservation, please contact our camp counselors by dialing 928.204.6027 or dial 6027 from your guestroom phone.

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.

## CAMP COYOTE 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.

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

All children must be fully potty trained.

## LITTLE SHREDDERS MOUNTAIN BIKING CAMP

*2 – 3 hours | $330 per person | Ages 8 – 15*

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

## PRIMITIVE SKILLS CAMP

*3 hours | $295 per person*
*Ages 12 – 18 or 18+*

Learn primitive fire-making, archery, and practical survival skills drawn from ancient and indigenous traditions using only the materials provided and your own ingenuity. You'll practice methods like friction fire, water purification, knot tying, shelter building, archery and atlatl throwing, tracking, and orienteering. Test your problem-solving skills and forge a deeper connection to the land.

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 high above. This exhilarating experience begins with the inflation of the balloon as you rise with the morning sun.

### 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 dining, and art galleries in a village setting of courtyards, fountains, and 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.

**Download the Enchantment App**

Our App offers easy access to explore all that is here in Boynton Canyon.

Discover the Mii amo spa menu, fitness schedule and Trail House adventures and navigate the resort with our interactive property map.

# 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 928.204.6027 or dial 6027 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.

ENCHANTMENT

525 Boynton Canyon Road, Sedona, Arizona 86336
928.282.2900 | enchantment.com