



Only here.



ENCHANTMENT
RESORT

SUMMER 2017 ACTIVITIES SCHEDULE

Monday

From sunrise to sunset (and even once the stars arrive), there's an endless stream of activities for Enchantment and Mii amo guests to enjoy. If you find yourself unable to attend an activity you've registered for, we kindly request that you inform the Concierge, so other guests may sign up, as space may be limited. Our Concierge Desk is available from 7:00 am to 11:00 pm daily. Please contact ext. 303 or 928.204.6014 to make dinner and tour reservations, to schedule any of the below or for more information regarding Resort activities.

***Stargazing is subject to cancellation due to weather. Inquire with the Concierge for specific start times.**

****These classes may reduce availability of equipment in the Fitness Room during class time.**

(S) Strenuous - Activity is physically demanding and guests are recommended to have a high level of fitness or previous experience with activity before participating.

Mii amo is an adult friendly environment; with a minimum age requirement of 16 in the Movement Studio (MS), Lobby (ML), Café (MC), Juice Bar, Pool (MP), Crystal Grotto (CG), indoor Medicine Wheel, Treatment Rooms, the Mii amo Library (MB) and the Mii amo Fireplace (MF).

All per person prices listed do not include local tax or a guide/instructor gratuity which is always appreciated.

All paid tennis activities require a minimum of 2 people to be held.

AM		LOCATION
7:00-7:20	Sunrise Stretch	MS
7:00-9:00	Beginner's Mountain Biking \$45	ML
7:00-9:30	Scenic Hike \$45	AC
7:30-8:15	WOGA	ML
8:15-8:25	Morning Ritual	CG
8:30-9:30	Full Spectrum Yoga	MS
8:30-10:30	Creative Photography	AC
9:00-10:00	Seven Canyons Golf Clinic	AC
9:45-10:45	Barre Above \$20	MS
10:00-11:00	Adult Tennis Skills & Drills	PO
10:00-11:00	Vortex Lecture	ML
10:00-12:30	Scenic Hike \$45	AC
11:00-12:00	Native American Flute	TL
11:00-12:00	Junior Tennis Academy \$45	PO
PM		LOCATION
1:00-2:00	Stroke of the Day \$45	PO
1:00-2:00	Mii amo Native American Flute	MF
2:00-2:30	Super Stars! Kids Tennis \$25	PO
3:00-4:00	Cooking Demo	MC
4:00-5:00	Organic Gardening & Composting	ML
4:15-5:15	Stretch & Lengthen \$20	MS
5:30-6:00	Guided Meditation	CG

Tuesday

Wednesday

AM		LOCATION
7:00-7:20	Sunrise Stretch	MS
7:00-9:00	Mountain Bike Excursion (S) \$45	ML
7:00-9:30	Scenic Hike \$45	AC
7:30-8:15	HIIT Bootcamp (S)**	FR
8:15-8:25	Morning Ritual	CG
8:30-9:30	Pilates	MS
9:00-10:30	Watercolors	WR
9:00-11:30	Amitabha Stupa Hike \$75	AC
9:45-10:30	Ab Attack (S)	MS
10:00-12:00	Mountain Bike Excursion (S) \$45	ML
10:00-12:30	Scenic Hike \$45	AC
10:45-12:15	Foam Roller Fusion \$20	MS
11:00-12:00	All Ages Yoga	TL
11:00-12:00	Junior Tennis Academy \$45	PO
11:00-12:30	Watercolor Postcards	WR
PM		LOCATION
1:00-2:00	Stroke of the Day \$45	PO
1:15-2:45	Vision Board Collage Making	MB
2:00-2:30	Super Stars! Kids Tennis \$25	PO
2:00-3:00	Journey of Teas	MC
3:30-5:00	Restorative Yoga	MS
4:00-5:00	Adult Tennis Skills & Drills	PO
4:45-7:45	Red Rock Photo Tour \$185	AC
5:30-6:00	Guided Meditation	CG
6:00-6:30	Native American Documentary	MB
6:15-6:45	Chanting	CG
Twilight	Stargazing*	TC

AM		LOCATION
7:00-7:20	Sunrise Stretch	MS
7:00-9:30	Scenic Hike \$45	AC
7:30-8:15	WOGA	ML
8:15-8:25	Morning Ritual	CG
8:30-9:15	Aqua Fitness	MP
8:30-9:30	Vinyasa Yoga (S)	MS
8:30-11:00	History & Geology Hike \$85	AC
9:45-10:45	Move 'n' Groove	MS
10:00-11:00	Adult Tennis Skills & Drills	PO
10:00-12:30	Scenic Hike \$45	AC
11:00-11:45	Total Body Lift (S)**	FR
11:00-12:00	Junior Tennis Academy \$45	PO
PM		LOCATION
12:00-1:00	Qi Gong	MS
1:00-2:00	Stroke of the Day \$45	PO
2:00-2:30	Super Stars! Kids Tennis \$25	PO
3:00-4:00	Barre Conditioning	MS
3:00-4:00	Juicing 101	MC
3:00-5:00	Wine & Watercolors \$100	WR
4:15-5:15	Healthy Back	MS
4:30-5:30	Seven Canyons Golf Clinic	AC
5:30-6:00	Guided Meditation	CG

LOCATIONS KEY

MS - Movement Studio
 MC - Mii amo Café
 ML - Mii amo Lobby
 MP - Mii amo Pool
 AC - Activities Center
 CL - Concierge Lobby
 CG - Crystal Grotto
 CW - Che Ah Chi Wine Bar
 PO - Pro Office
 MB - Mii amo Library
 LB - Mii amo Labyrinth
 WR - Western Room (by the Main Pool)
 FR - Fitness Room
 TC - Tennis Court 4
 TL - Tipi Lawn
 MF - Mii amo Fireplace

Thursday

Friday

AM		LOCATION
Sunrise	Sunrise Jaunt & Java \$50	AC
7:00-7:20	Sunrise Stretch	MS
7:00-9:30	Scenic Hike \$45	AC
7:30-8:15	Tabata (S)	MS
8:00-11:30	Cathedral Rock Vortex Experience \$90	AC
8:15-8:25	Morning Ritual	CG
8:30-9:15	Ab Attack (S)	MS
8:30-11:30	Devil's Kitchen Hike \$90	AC
9:45-10:45	Vinyasa Yoga (S)	MS
10:00-12:30	Scenic Hike \$45	AC
11:00-11:45	Sculpt & Soothe	MS
11:00-12:00	Junior Tennis Academy \$45	PO

PM		LOCATION
1:00-2:00	Stroke of the Day \$45	PO
2:00-2:30	Super Stars! Kids Tennis \$25	PO
3:00-4:00	Wine & Food Pairing Experience \$25	CW
4:00-5:00	Adult Tennis Skills & Drills	PO
5:30-6:00	Meditation Walk	LB
6:30-7:00	Chanting	CG
7:00-8:00	Evening Lecture	MB

<p>LOCATIONS KEY</p> <p>MS - Movement Studio MC - Mii amo Café ML - Mii amo Lobby MP - Mii amo Pool AC - Activities Center CL - Concierge Lobby CG - Crystal Grotto CW - Che Ah Chi Wine Bar PO - Pro Office MB - Mii amo Library LB - Mii amo Labyrinth WR - Western Room (by the Main Pool) FR - Fitness Room TC - Tennis Court 4 TL - Tipi Lawn MF - Mii amo Fireplace</p>

AM		LOCATION
7:00-7:20	Sunrise Stretch	MS
7:00-9:30	Scenic Hike \$45	AC
7:30-8:15	Fitness Walk	ML
8:00-11:00	Airport Vortex Experience \$90	AC
8:15-8:25	Morning Ritual	CG
8:30-9:30	Barre Above \$20	MS
9:00-10:30	Watercolors	WR
9:45-10:45	Vinyasa Yoga (S)	MS
9:45-10:45	Family Fitness \$15	TL
10:00-11:00	Adult Tennis Skills & Drills	PO
10:00-12:30	Scenic Hike \$45	AC
11:00-11:45	Ab Attack (S)	MS
11:00-12:00	Junior Tennis Academy \$45	PO
11:00-12:30	Gourd Decoration	WR

PM		LOCATION
1:00-2:00	Stroke of the Day \$45	PO
2:00-2:30	Super Stars! Kids Tennis \$25	PO
4:00-4:30	Native American Documentary	WR
4:15-5:15	Stretch & Lengthen \$20	MS
4:30-7:00	Native American Teachings Hike \$85	AC
5:30-6:00	Guided Meditation	CG

Saturday

Sunday

AM		LOCATION
Sunrise	Sunrise Jaunt & Java \$50	AC
6:15-7:00	Sunrise Qi Gong	MS
7:00-7:20	Sunrise Stretch	MS
7:00-9:00	Mountain Bike Excursion (S) \$45	ML
7:00-9:30	Scenic Hike \$45	AC
7:30-8:15	WOGA	ML
8:15-8:25	Morning Ritual	CG
8:30-9:15	Aqua Fitness	MP
8:30-9:30	Vinyasa Yoga (S)	MS
8:45-9:45	All Ages Yoga	TL
9:30-11:00	Nature Walk	CL
9:45-10:45	Pilates	MS
10:00-11:00	Vortex Lecture	ML
10:00-11:00	Adult Tennis Skills & Drills	PO
10:00-12:00	Mountain Bike Excursion (S) \$45	ML
10:00-12:30	Scenic Hike \$45	AC
11:00-11:45	Total Body Lift (S)**	FR
11:00-12:00	Junior Tennis Academy \$45	PO
PM		LOCATION
1:00-2:00	Stroke of the Day \$45	PO
1:15-2:45	Vision Board Collage Making	MB
2:00-2:30	Super Stars! Kids Tennis \$25	PO
3:00-3:45	Chakra Yoga	MS
3:00-4:00	Cooking Demo	MC
3:00-4:30	Beading	WR
3:00-5:30	Amitabha Stupa Hike \$75	AC
4:00-5:00	Adult Tennis Skills & Drills	PO
4:00-5:00	Organic Gardening & Composting	ML
4:15-5:15	Move 'n' Groove	MS
4:30-6:30	Beginner Mountain Biking \$45	ML
5:30-6:00	Guided Meditation	CG
6:00-6:30	Native American Documentary	MB
Twilight	Stargazing*	TC

AM		LOCATION
7:00-7:20	Sunrise Stretch	MS
7:00-9:00	Mountain Bike Excursion (S) \$45	ML
7:00-9:30	Scenic Hike \$45	AC
7:30-8:30	Full Spectrum Yoga	MS
8:15-8:25	Morning Ritual	CG
9:30-11:00	Nature Walk	CL
9:30-10:15	HIIT Bootcamp (S)**	FR
9:30-12:00	Archaeological Ruins Hike \$75	AC
10:00-11:00	Adult Tennis Skills & Drills	PO
10:00-12:00	Mountain Bike Excursion (S) \$45	ML
10:00-12:30	Scenic Hike \$45	AC
10:30-12:00	Foam Roller Fusion \$20	MS
11:00-12:00	Junior Tennis Academy \$45	PO
PM		LOCATION
12:00-2:00	Southwest Beading \$75	CL
1:00-2:00	Stroke of the Day \$45	PO
2:00-2:30	Super Stars! Kids Tennis \$25	PO
3:30-5:00	Restorative Yoga	MS
5:30-6:00	Meditation Walk	LB
6:00-7:00	Native American Flute	MF

The weekly activities highlighted in rust require advance registration due to space availability so please sign up in advance with Concierge.

The weekly activities highlighted in green have a fee which will be charged to your room on the day. No shows or cancellations less than 4 hours prior will be charged the full amount.

The weekly paid activities highlighted in blue have availability for only six people as we operate under permit with the Coconino National Forest.

Fitness

AB ATTACK (S)

Achieve the desired belly muscle burn and increase your core strength in 45 minutes! Intermediate to Advanced.

BARRE ABOVE | \$20

Classical ballet infused with pilates, yoga, aerobics and strengthening exercises to improve balance and coordination. Please book in advance.

BARRE CONDITIONING

Body conditioning that incorporates ballet barre work with light weights to lengthen, strengthen and increase flexibility.

DEVIL'S KITCHEN HIKE | \$90

Sedona's largest and most active sinkhole is your destination in the beautiful 3 hour hike. Maximum 6.

FAMILY FITNESS | \$15

Experience a sampling of our cardio and conditioning classes in an outdoor setting. Ages 7 and above.

FITNESS WALK

A mixed level brisk walk around the property to awaken and revitalize your senses.

FOAM ROLLER FUSION | \$20

Use foam roller and other fitness tools to release muscular tension, improve mobility and increase circulation.

HIIT BOOTCAMP (S)**

A high-intensity interval training boot camp with intense exercises.

MOVE 'N' GROOVE

An aerobic dance fusion class that focuses on the joy of movement while offering a great workout.

PILATES

Low-stress mat exercises that focus on the core abdominal muscles which support the spine and pelvis.

SCULPT & SOOTHE

This all-in-one class includes strengthening for the entire body as well as stretching, foam rolling, and relaxation.

STRETCH AND LENGTHEN | \$20

Stretch your body and limbs in order to reduce muscle tension, and Lengthen the spine and your body's connective tissue so that you improve the body's alignment, increase joint mobility and circulation.

TABATA (S)

High intensity interval training consisting of eight rounds of 20 seconds on and 10 seconds off intervals.

TOTAL BODY LIFT (S)**

This fun and results-driven weight training class alternates strength exercises with cardio. Intermediate to Advanced.

VINYASA YOGA (S)

You will be re-energized and refreshed by the synchronization of breath and movement of this flow yoga. Intermediate to Advanced.

Mind, Body & Soul

AIRPORT VORTEX EXPERIENCE | \$90

Witness one of the most expansive views in Sedona during your hike. You will stop to meditate as well. Maximum six and pre-registration required.

CATHEDRAL ROCK VORTEX EXPERIENCE | \$90

Experience the power of the main energy center in Sedona as you hike and stop to meditate near this famous rock formation on Oak Creek. Six people maximum, pre-registration required.

CHAKRA YOGA

Learn to create more energy in your Chakra centers through various techniques and yoga asanas. All Levels.

CHANTING

Channel your flow of energy through mantra meditation.

FULL SPECTRUM YOGA | \$20

All levels can explore various yoga postures, flows, meditation and breathing techniques in this workshop.

GUIDED MEDITATION

Experience relaxation as our consult staff guides you on a sacred journey of self-awareness.

HEALTHY BACK – GET YOUR BACK ON TRACK

Learn exercises that assist in preventing and alleviating back and neck pain.

MEDITATION WALK

Evening walking meditation that quiets the mind, grounds the body and opens the heart.

MORNING RITUAL

Daily ceremony to help guide you towards acknowledging and understanding your intention for the day.

QI GONG / SUNRISE QI GONG

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

RESTORATIVE YOGA

Gentle yoga utilizing props and postures aimed at deep relaxation and rejuvenation of mind, body, and spirit.

SUNRISE STRETCH

Begin your morning with a light stretch that awakens the body and prepares you for the day.

WOGA

Our signature activity that combines walking and yoga in motion around the Resort.

Outdoor Experiences

ADULT TENNIS SKILLS & DRILLS

Sharpen your tennis skills in this clinic where the emphasis is on fast-paced drilling. Ages 18+.

ALL AGES YOGA

A fun version of gentle energy yoga with tapping, stretching and movement, this activity takes place outdoors and is great for families.

AMITABHA STUPA HIKE | \$75

Experience this rare, sacred Buddhist architecture in the middle of Sedona! You will do a short hike and be able to leave an auspicious offering.

AQUA FITNESS

Utilize flotation equipment for building strength, flexibility and circulation.

ARCHEOLOGICAL RUINS HIKE | \$75

Learn about the people who inhabited our canyon and how they survived a high desert environment. Hike a local trail and view ruins using binoculars. Maximum six people.

BEGINNER'S MOUNTAIN BIKING | \$45

Beginner mountain biking skills for trail riding. Little or no previous experience required. Ages 14 +. Please book in advance. No shows or cancellations less than 4 hours prior will be charged the full amount.

MOUNTAIN BIKE EXCURSION (S) | \$45

Previous mountain biking skills required for this trail ride near the Resort. Ages 14+. Please book in advance.

NATURE WALK

Join our naturalist for a fascinating walk highlighting Arizona's native plants and animals around the Resort.

SCENIC HIKE | \$45

Explore some of our local hiking trails with our expert guides. Ages 12+. Driving time may be included in the 2.5 hour experience. Please book in advance. No shows or cancellations less than 4 hours prior will be charged the full amount.

SEDONA HISTORY & GEOLOGY HIKE | \$85

The fascinating history of Sedona and its famous red rocks will come to life as you hike the trail. Maximum six people. Please register in advance.

SEVEN CANYONS GOLF CLINIC

Round trip transportation provided to Seven Canyons. Please contact extension 303 to register for clinic and transportation. Proper golf attire required. Ages 12+.

STARGAZING

Our experts will highlight the bright stars, distant planets and galaxies that fill the Sedona skies. Subject to cancellation due to weather.

SUNRISE JAUNT & JAVA | \$50

Experience the sun rising over the Mogollon Rim and stop for a coffee at Starbucks on the way back to the Resort. Maximum six people. Pre-register.

Education & Lectures

COOKING DEMO

Join one of our gifted chefs for a demonstration on the healthy and delectable dish of the day.

EVENING LECTURE

Contact the Spa Front Desk or Concierge for the topic of the week presented by one of our experts.

JOURNEY OF TEAS

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

JUICING 101

Learn about fruits and veggies from A to Z, supplements, tinctures and different ways to juice.

NATIVE AMERICAN DOCUMENTARY

CHE AH CHI - THE HISTORY OF BOYNTON CANYON

Enjoy a 30-minute film featuring the Native American history of the canyon.

NATIVE AMERICAN TEACHINGS HIKE | \$85

Join our Native guide and learn about how ancient and modern peoples connect with the high desert environment.

NATIVE AMERICAN FLUTE

Our guest performer will play traditional pieces on his flute and discuss the meaning of the flute in his culture.

ORGANIC GARDENING & COMPOSTING

Tour of Mii amo's own organic garden and learn about organic growing and composting.

RED ROCK PHOTOGRAPHY TOUR | \$185

An expert photographer is your guide on this local driving tour to capture iconic images of Sedona. Bring your point-and-shoot, SLR camera or Smartphone.

VORTEX LECTURE

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

WINE & FOOD PAIRING EXPERIENCE | \$25 CW

Join our Sommelier as he takes you on a sensory journey of discovery of four different wines accompanied by our Chef's "Small Bites". Over 21 only.

Art & Design

BEADING

Create a unique keepsake to remind you of your stay at the Resort. Children over 7 welcome.

CREATIVE PHOTOGRAPHY

Learn fundamentals of lighting, composition, focus and amplifying dimension using your camera or Smartphone as you walk around the Resort.

GOURD DECORATION

Create beautiful works of art out of gourds grown in Arizona. Children over 7 welcome.

SOUTHWESTERN BEADING | \$75

Make a one-of-a-kind vacation memory to wear home using beads, stones and sterling silver. Please register in advance.

VISION BOARD COLLAGE MAKING

Create a vision board collage with images and words in order to manifest your hopes and dreams.

WATERCOLORS / WATERCOLOR POSTCARDS

Join our resident artist as he teaches all ages to capture the stunning red rocks in watercolors. Record your stay in Sedona with watercolors and send your postcards home to friends and family. Children over 7 welcome.

WINE & WATERCOLORS | \$100

Enjoy some of our Sommelier's favorite wines while learning to capture the stunning red rocks in watercolors. Over 21. Twelve maximum.



ENCHANTMENT
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525 BOYNTON CANYON ROAD | SEDONA, AZ 86336
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All activities are subject to change without notice.