

# Sedona Spirit Journey Sample Itinerary

\*I will email group members as soon as I book a morning flight to coordinate being on the same flight (with those from Minnesota).

## Wednesday

\*Flight/travel info will be sent and coordinations made ahead of time.

**4:00** Check-In

**5:00** Dinner Out

**After Dinner** We will stop at a local grocery store for groceries before dinner. (That way luggage will be out of the car and we won't be hungry while we shop.)

\*After settled in at the house, we will do a YIN Yoga practice/meditation/pull spirit card.

## Thursday

**7:00** Kundalini Yoga/Meditation/Journal Question for the day (for you to use however works for you), Pull a Word Card.

\*Be ready to go for the day and lunch ready by 7:00.

\*Breakfast after Yoga practice. We are all responsible for our own breakfast and clean up.

Bell Rock-Courthouse Butte Hike

Town of Jerome

**5:00** Dinner Out

Night Gentle/YIN Yoga

Free time to relax, use hot tub, star gaze at the house, etc.

## Friday

**7:00** Same morning routine

Thunder Mountain-Andante Trail Hike and Peace Park

Picnic Lunch

Slide Rock State Park-Walk and experience

Navajo Stands

**5:00** Dinner

Night Gentle/YIN Yoga

Free time to relax, use hot tub, star gaze at the house, etc.

## Saturday

Same morning routine

Airport Loop

Picnic

Mystical Bazaar

**5:00** Dinner Out

Night Gentle/YIN Yoga

Free time to relax, use hot tub, star gaze at the house, etc.

## **Sunday**

**7:00** Morning Routine

Breakfast

Clean Up and Pack

Check out is 10am.

\*Stop at Montezuma Castle and Camp Verde for a picnic and to explore on the way to Sky Harbor Airport in Phoenix if time allows.

\*We each make our own breakfast and eat together before heading out.

We pack our own lunch to have in the car. We will have a picnic lunch after each hike.

I will have restaurants planned for dinner each night at 5:00.