

Awakened. Immersed. Inspired.

Sedona, Arizona October 2024

Cancellation Policies

The \$500 deposit to hold your space is non refundable. If you need to cancel before August 17, 2024 you will be refunded 50% minus the \$500 deposit. There are no cancellation refunds or transfers after August 17, 2024. All payments due August 17, 2024. If not paid in full by August 17, 2024 your spot is subject to cancellation. **To receive the early bird pricing you must be paid in full by February 29, 2024.**

Travel insurance is highly recommended should you need to cancel for any reason. You can purchase insurance to cover cancellations for any reason including covid.

Travel Insurance Options

General Information

Location: We'll be meeting at the **Sedonya Conscious Living Center**, Sedona, Arizona. Getting to and from our Sedona retreat center is the responsibility of each traveler.

Address: 120 Deer Trail Drive, Sedona, AZ 86336

Checkin Time: 6pm Friday Oct 17th. 2024

Checkout Time: 11am Sunday Oct 20th, 2024

Flights: There are two airports close to Sedona. Flagstaff (FLG), AZ and Phoenix (PHX), AZ. Shuttles are available from each airport as are car rentals. I'm happy to put you in touch with other retreat participants to coordinate a ride from the airport. Please email me and let me know.

Transport: Please note, transport to/from our retreat and any excursions you wish to take will be your own responsibility either by your own car, rental car or rideshare.

Shuttle to Sedona from Phoenix or Flagstaff: Groome Transportation

Modest Hotels nearby Sedonya Conscious Living Center (WALKING DISTANCE)

Sedona Reál Inn and Suites

Arroyo Piñon Hotel, Ascend Collection

Greentree Inn Sedona

Dreamcatcher Inn Sedona

Cedar Creek Inn - a drive away, but amazing little place.

Boujier Hotels a Drive Away (about a mile-ish):
Residence Inn Sedona by Marriott
Courtyard by Marriott
Hilton Vacation Club Sedona Summit

Airbnb is also a great opportunity. One of our participants already booked a beautiful \$99/night space within a mile from the retreat center.

Liability Waiver: Each participant shall agree to sign a liability waiver and release form prior to attending.

Code of Conduct: Each participant shall agree to sign a Code of Conduct prior to attending.

Health: If you have health problems please consult with your primary healthcare provider to determine if you are fit to make the trip. The daily itineraries will require some light walking. Generally, if you are in good enough physical condition to walk a mile or so, you will not have any problems on our hikes.

Food: Your retreat includes a fabulous plant-based lunch on Friday and Saturday and a fully catered plant based dinner as your three hosts deliver you messages from your loved ones. Please let us know if you have any dietary restrictions. There are plenty of cafes and markets nearby to stock your rooms along with a multitude of amazing restaurants nearby to eat like a local at the dinner hour.

Weather: The average temperature in Sedona during October is 70's daytime/50's nighttime degrees F. Little to no rain is typical and most likely.

Clothing: Activities will include easy hikes, gentle yoga, soundbath, evening fire ceremony, hot tub at hotel. Bring layers as you would need to subtract and/or add as the day/night progress, along with yoga clothes, good walking shoes.

Travel Insurance: As always, I strongly recommend purchasing Travel Insurance (Cancellation and Medical Insurance) to protect against cancellation fees and additional travel expenses that may incur before, after or during the trip.

Excursions & Extras: Here are some fun options:

- **Sightseeing & shopping: Crystal Magic** is across the street-HWY 89A. It has been one of my all time favorite spiritual book/crystal stores in the history of the world. Lots of sightseeing and shopping within minutes of our location.
- **Saturday Afternoon Vortex Excursion Included:** An afternoon trip to one of the local energy vortices. Learn more about their transformational healing power and experience first hand how the energy feels as we explore and meditate within the energetic fields. They are about a 30min drive from our retreat house.
- **Reiki & Healing Sessions:** Your hosts are available to book on-site 15 min healing sessions/mini readings/Reiki.