

# Sedona

Experience the Journey of your life



# DISCOVER YOUR INNER-SELF SEDONA TOUR

## **Day One: 06 June 2013**

Make your own way to Sedona where we will meet from 2.00 pm onwards at the Sedona Motel, our home for the next four nights. This evening we will share a welcome dinner together and get to meet our guides and fellow travellers.

## **Day Two: 07 June 2013**

This morning those who choose to take the optional workshop will meet with the wonderful Nataya, a very gifted intuitive painter. She is going to take us out on to the red rocks where she will teach us how to paint intuitively with water colour.

This is a great way to relax, unwind, connect with your creative side and just enjoy soaking up the energy of the incredible stretch of red rocks for as far as the eyes can see.

This afternoon you have the choice of partaking in the Soul Journey Inner Pathways workshop with Sandra Cosentino or to have a free afternoon.  
Free evening to explore Sedona

(For those who wish we can arrange a private appointment with Nataya who will provide an intuitive reading and painting)

## **Day Three: 08 June 2013**

This morning we will meet our guide Sandra Cosentino who will then lead us in a Shamanic Mystical Nature Journey, out on the land. She will also introduce us to the preparation required for our individual Vision Quest up in the canyon along with the making of the prayer ties that we will need for our Vision Quest.

An optional afternoon workshop is on offer with Sandra Cosentino: Soul Retrieval/Extraction Experiential Seminar through drumming along with chakra clearing and a sound healing session with Himalayan metals and other instruments.

(For those who wish we can arrange a private appointment with Nataya who will provide an intuitive reading and painting).  
Evening free to explore Sedona

### **Day Four: 09 June 2013**

This morning we will load up our vehicles and journey to the Hopi Mesas where we will be joined by our Hopi guide Roanna. She will take us around the main villages up on the Mesa and introduce us to the Hopi lifestyle. If we are lucky we may find a ceremonial dance that we can attend along the way.

In the afternoon Roanna, our beautiful Hopi guide will share a special blessing circle with songs and more vision quest and sweatlodge preparation which will also help with the preparation for your journey to their ancestral homeland in Canyon De Chelly.

Special native American Purification ceremony and traditional dinner with a Hopi family.

Overnight at the new Hopi Inn at Moenkopi.

### **Day Five: 11 June 2013**

Today we will drive to a rock art site on Hopi land where we will be guided in a sharing circle on the sacred site. There will be time to absorb the energies of pre-historic images and process the sweatlodge from the evening before.

Picnic lunch provided

From here we will visit the Hopi cultural centre spending time with elders at Oriabi, the oldest continuously occupied village in north america. Then onto the first mesa, we will take a tour of Old Walpi.

Later in the afternoon we drive from Hopi land through to Chinle where we change over to Navajo time and check into our hotel. After an early dinner we will make our way to a holy site for navajo people located at Spider Rock on the rim of Canyon de Chelly. Here we meet up with Daniel our navajo guide who will facilitate a fire blessing ceremony. Sitting around the campfire circle sandra and roanna will lead us in a power animal circle of energy and a drumming ceremony to connect with the ancestors.

### **Day Six: 12 June 2013**

Nature, vision quest, circles and ceremony: Canyon de Chelly on Navajo lands

This morning we will enjoy a leisurely breakfast at the Holiday Inn, Chinle before heading off to the visitors centre where permits will be issued and we meet our navajo guide who will lead us into the canyon.

You will enter sheer red cliffs of sandstone on foot with our Navajo guide on a 2 – 3 mile trail of moderate difficulty. We take our time on the walk in using this as a time of coming into relationship with the spirit of the canyon.

In this mysterious womb-like canyon of stunning natural beauty and power we spend a night camped on private Navajo land. Navajo legend tells how this ancient sacred place nurtures and feeds you. We honor the ancient spiritual presence of the Puebloan ancestors of the today's Hopi people who lived here at least 2000 years ago and built the spectacular cliff dwellings that were abandoned by 1300 A.D. plus the Navajo Holy Ones and Navajo people of today who are present here too.

The walk will be paced so you can rest as needed. It is such a powerful way to enter the canyon being on foot in direct connection.

This afternoon we will partake in a nature connection experience and a circle of power healing ceremony (medicine wheel ceremony) in preparation for stepping out into your solo overnight. Having found your remote spot in the canyon you will commence your solo overnight through until the next day under the sun, stars and moon in soul communion with those in other realms.

### **Day Seven: 13 June 2013**

After spending the night out under the stars on your own Vision Quest we join together for a dawn return ceremony, blue corn pancakes and sharing-processing experience around the campfire. There will be much to share and time will also be needed to absorb the connection with spirit and the new learnings that you have received.

Early afternoon we will hike out of the canyon making our way to the visitors centre for lunch and onto our hotel in Chinle where you will have the afternoon to reflect, sleep, dream and journal all that you have experienced over the past 24 hours.

This evening we join Daniel and his wife Cheryl at their Hogan for a Navajo cook out dinner and celebrate with Navajo song and dance.

### **Day Eight: 14 June 2013**

Before departing the beautiful Canyon de Chelly area we will hold a closing circle where we will share our forward vision and cement all that we have reconnected with over the past week.

Check out and drive to Hopi where we will have lunch prepared by Roannas daughter before heading back to Sedona.

Free time in the evening in Sedona

**Day Nine: 15 June 2013**

Today is totally free to explore Sedona to its fullest. Time to check out the amazing array of shops and galleries, take a hike out onto the mesas, indulge in some pampering or just pure rest and relaxation. Whatever takes your fancy!

Tonight we will gather together on our last evening to celebrate an amazing journey and seal life long friendships that have been made over the past days.

**Day Ten: 16 June 2013**

Today we say our goodbyes after breakfast.....