

The preliminary curated outline for the Retreat:

**Travel Dates August 22-27, 2021 (5 nights/6Days) Includes:**

\*Roundtrip Air Transportation to and from NY's JFK to Phoenix Sky Harbor Airport

(For travel from another state or country the land portion can be accommodated)

\*Hotel (Deluxe 4 Star Resort with Spa)

\*Roundtrip Transportation from Airport to/from Resort

\*All Tours including The Grand Canyon

(One of the seven natural wonders of the world!)

\*Some Meals and Drinks.

\*A Spa Treatment

\*Yoga, and Meditation daily! (At various locations throughout the landscape.)

\*Mimi's Goodie Bag



**Experience:**

\*The Sedona Vortexes! On of the main reasons for anyone traveling to Sedona. These energetic fields of energy of which there are a few on this planet, Sedona being one of them! Many say time spent here facilitate meditation, mind-body healing, and creative thinking.

\*Some of the best hiking through and around the majestic Red Rocks of Sedona.

Over the centuries the Red Rocks have served as a place of healing for people across various cultures. (Good for various levels of exertion.)

\*Learn about wildlife, and the history and culture of native settlements.

\*Shop galleries, and boutiques offering local art including Native American merchandise.

\*Witness to what many say are among the most breathtaking sunrises and sunsets on planet Earth.

I'm sure there's no picture, video, or words that will ever be able to capture the feeling or experience of all that Sedona has to offer. The only way is to go and actually experience it for yourself. As always, I tailor-make our longer trips for our Tour and Yoga Retreats so that you experience local culture, activities, while adding some pampering in the mix, and of course there's always daily yoga included. Some awesome "Me-Time" while away, we call that "Me-Time Journeys".

Pricing for this specialized trip is guaranteed once deposited, and includes all of the above and more!

Pricing as noted here is good until April 21st, then it goes up by \$150 for each deposit deadline as noted below, and while space is still available.

**BUT, you can save the price and your spot with a \$500 non-refundable deposit by April 21st.**

**This ensure's your air seats, and your choice of rooming accommodations.**

**Deposits thereafter will be due as follows:**

30% by May 7th / 30% by June 14th / Remainder of Payment Due by July 21st.

**Per person based on occupancy: Single - \$2288 Double - \$1688 Triple - \$1555**

A complete, and the more detailed Itinerary along with cancellations and Covid measures and procedures will be available by May 7th, 2021. Initial Deposit can be made by Venmo or Zelle, using tel #718-505-9642.

Thereafter any form of payment can be made as you wish. Any questions, feel free to contact me. As always our "Me-Time Journeys" are fun, informative and yogic inspired. I hope you can carve out the time at the end of August to join in this year's transformative awe-inspiring yoga retreat to spectacular Sedona! Call me if you want more information. Llame para mas información.