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Yoga est.2010
Mind & Body Wellness

#MeTimeJourneys

Sedona, Arizona

August 22-27, 2021 (6 days/5 nights)

Includes:

- *Roundtrip air transportation to and from **New York JFK to Phoenix Sky Harbor Airport** (for travel from another state or country, the land portion can be accommodated)
- *Deluxe 4-Star resort with spa
- *Roundtrip ground transportation to and from the airport and 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 (various locations throughout the landscape)
- *Mimi's Goodie Bag

Experience:

- ***The Sedona Vortexes!** This is one of the main highlights for anyone traveling to Sedona. Time spent here facilitates meditation, mind-body healing, and creative thinking.
- *Some of the best hiking through and around the majestic Red Rocks of Sedona.
- *Learn about wildlife, and the history and culture of native settlements.
- *Shop galleries and boutiques offering local art, including Native American merchandise.
- *Witness the most breathtaking sunrises and sunsets on planet Earth.

No pictures, videos, or words 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, longer trips for our tour and yoga retreats are tailor-made so that you experience local culture, activities, while adding some pampering in the mix, and of course- daily yoga!

Call for more information. *Llame para mas información.*

Double \$1988
per person based on occupancy

Payments can be made through

venmo Zelle PayPal
718.505.9642

If using a credit card, please add \$50 (fee).
Final payment due by 7/21.

Pricing for this specialized trip is guaranteed once deposit is received, and includes all of the above and more.

Our *Me-Time Journeys* are fun, informative and yogic inspired.

