
Welcome to Boynton Canyon

Experiences and Outdoor Adventures

Surrounded on all sides by acres of pristine wilderness, Enchantment offers you the opportunity to connect to nature. Seek adventures on Sedona's extensive trail system. Relax poolside. Rejuvenate body, mind and spirit at Mii amo. Where will the canyon take you?



The Canyon Is Calling.

Table of Contents

03 Epicurean Experiences

08 Guide Spotlight

04 Tennis, Pickleball, & Golf

09 Fitness & Wellbeing

05 Trail House at Enchantment

11 Mii amo

06 Grand Canyon Tours

13 Artistic Activities

07 Hiking & Mountain Biking Experiences

14 Camp Coyote

Included In Your Daily Resort Fee

Morning Ritual
Evening Meditations

Fitness & Wellbeing Presentations
Spring Celestial Cycles
Healthy Back and Power Plate Plus
Healthy Habits for Longevity and Let's Talk Nutrition
Intro to the Chakras

Juicing
Mindfulness Through Breath
Understanding Dreams

History of Boynton Canyon (Tuesdays & Fridays)

Fireside Conversations at Trail House (Wednesdays)

Chanting (Wednesdays & Saturdays)

Labyrinth Walk (Daily, except Sundays & Thursdays)

Stargazing (Tuesdays & Saturdays)

Vortex Lecture (Sundays & Thursdays)

Access to:

Mii amo Spa Services (ages 16+ with reservation)

Mii amo Fitness & Movement Studio (ages 16+)

Dining at Hummingbird at Mii amo (ages 16+ with reservation)

Pickleball Courts

Tennis Courts

Artist Cottage

Trail House Adventure Advisors

Seven Canyons Golf Club

Main Pool and Adult Pools

Lawn Games

Fitness & Movement Studio Hours:

6:00 am – 9:30 pm

Activity Guide Key

★ Included in your daily resort fee

All activities and pricing subject to change.

Prices listed do not include tax, service charge and gratuity. Select activities and excursions are subject to a cancellation policy.

01



Special Events

Hiking Under the Stars - New Moon

March 28, 29 and 30, April 26, 27 and 28
May 25, 26 and 27

\$275 per person, Trail House

Please reserve 24 hours in advance.

Hike beneath Sedona's breathtaking dark sky without moonlight (new moon). Experience the trails from a different perspective as you hike alongside the star-lit cliffs of the red rocks. Sedona is an international dark sky community, an ideal location to experience stunning night skies. Weather permitting.

Full Moon Hike

March 12, 13 and 14, April 11, 12 and 13
May 11, 12 and 13

\$275 per person, Trail House

Please reserve 24 hours in advance.

Begin this hike on the trails just before sunset and watch as the moon rises over the red rocks. Hike back at twilight as the moon begins to glow above. Head lamps provided. Weather permitting.

Stargazing ★

Tuesdays and Saturdays

Time Varies; please contact the concierge

Gaze into the Sedona night sky through a powerful telescope while our expert astronomer highlights bright stars, distant planets, and galaxies far away. Weather permitting. Meet at Enchantment Circle.

Private stargazing is also available.

Moon Ceremonies ★

New Moon | March 28 and 29
April 26 and 27, May 25 and 26

Full Moon | March 13 and 14
April 11 and 12, May 11 and 12

12:10 pm, Mii amo Crystal Grotto

Celebrate the phases of the moon and the energy brought forth by each with the Mii amo mindfulness team. This short, guided meditation is an opportunity to connect with the moon's energy and all that it represents in your life.

History of Boynton Canyon ★

Tuesdays and Fridays

4:00 – 4:15 pm, Trail House

Join the Trail House team for a captivating presentation that spans centuries of human interaction within Boynton Canyon, offering a richer understanding of its geology, flora and fauna as well as its integral role in shaping the cultural tapestry of the region.

SPRING EQUINOX CELEBRATION ★

March 20, 12:00 – 1:00 pm

Mii amo Labyrinth, Ages 16+

Spring is a season of renewal, marked by new growth and beginnings. Seeds are planted, trees and flowers bud, and life becomes more active. The Spring Equinox symbolizes the return of light and life. Join us to celebrate the return of spring!

Epicurean Experiences

Each month the resort offers new culinary experiences. From cooking demonstrations to private tasting events, embark on a culinary journey with our talented team.



Culinary Classes

Please reserve 48 hours in advance.
\$55 per person, 4 person minimum

March: Gnocchi

Saturdays, 3 – 3:30 pm

Learn the secrets to shaping and cooking tender Italian gnocchi paired with seasonal ingredients. Our chef will demonstrate the delicate balance of potato, flour, and technique to achieve pillowy perfection.

April: Marshmallow Peeps

Tuesdays, 1:30 - 2:00 pm

In this demo, you'll learn how to pipe your own marshmallow Peeps with colorful, creative designs that add a personalized touch to this classic treat.

May: Empanadas

Saturdays, 3 – 3:30 pm

Join our chef for a demonstration on preparing homemade empanadas. Learn step-by-step how to create flaky pastry and prepare a savory filling!

Please dial 303 from your guestroom phone to reserve culinary classes and wine and craft cocktail experiences.

Sommelier Social

Saturdays, 4:00 – 5:00 pm

Advanced reservations requested.

\$65 per person

Embark on a delightful tasting journey with our resort sommelier, exploring four thoughtfully selected wines from the Enchantment cellar. Sip and socialize while allowing the aromas and tastes transport you to the heart of each vineyard.

Craft Cocktail Experience

Day and time arranged at booking. Please reserve 48 hours in advance. \$75 per person plus \$100 mixologist fee per group, 2 person minimum

Learn how to create cocktails tailored to your palate! Choose your own or select seasonal cocktails.

HUMMINGBIRD AT MII AMO

Guests of Enchantment (ages 16+) enjoy access to Mii amo's signature restaurant, Hummingbird. The seasonal menus are ingredient-based focusing on simple, elevated, and high-quality dishes built on locally sourced ingredients with subtle touches from across the globe.

Open 6:00 am - 9:00 pm. Reservations required. Please dial 7724 for reservations.

Chef's Garden Experience

Wednesdays & Fridays, 11 am – 12:00 pm
Please reserve 24 hours in advance.
\$65 per person, Mii amo Chef's Garden

Explore the Mii amo Chef's Garden with a garden tour and discussion around plant cycles, seasonality, companion planting and composting. Includes a tasting of seasonal produce freshly prepared at our community garden table.

Please dial 301 for Chef's Garden reservations.

*We kindly request that cancellations be made 24-hours in advance of your scheduled class. Cancellations made within 24-hours will be charged in full.



Tennis, Pickleball & Golf

Please reserve lessons 24 hours in advance.

TENNIS

Enchantment's tennis program offers private lessons, hitting opportunities and clinics on two center courts. Our talented certified professionals offer instruction from beginning to advanced levels for adults and children ages 5+.

Court use along with racquets are included in the resort fee. First-come, first-served basis. ★

Private Lessons

1/2-hour Private Lesson
\$75 per person

1-hour Private Lesson
\$125 per person

1-hour Semi-Private Lesson
\$200 for two people
\$75 for each additional person

Cardio Tennis

Sundays, Wednesdays & Fridays
10:00 – 11:00 am, \$75 per person
Maximum of 8 participants per class. Ages 16+

Cardio Tennis is a high-energy class that combines tennis drills and games for a full-body workout. Meet new tennis friends as well!

Court Reservation with Ball Machine
\$175 per hour, Advanced reservation required.

PICKLEBALL

Enjoy a family-friendly game of pickleball on one of five pickleball courts available during your stay.

Pickleball private lessons and clinics are also available. Our talented certified professionals offer instruction from beginning to advanced levels for adults and children ages 5+.

Court use along with racquets are included in the resort fee. First-come, first-served basis. ★

Intro to Pickleball

Mondays, Tuesdays, Thursdays, Saturdays
10:00 – 11:00 am, \$75 per person
Maximum of 12 participants per class. Ages 16+

This class is designed for players interested in learning the basic skills and rules of the game.

Join us for Hosted Open Court Play directly following our Cardio Tennis and Intro to Pickleball classes. ★

BEAT THE PRO

1 hour, \$125 per person
Test your skills against one of our tennis or pickleball professionals. If you win, you don't pay!



GOLF

As a preferred partner of nearby Seven Canyons Golf Club, resort guests enjoy exclusive access to the 18-hole, Tom Weiskopf-designed championship golf course. A full master-plan renovation was completed in 2024 including a new Short Game Practice Park featuring an 8,000 sq ft practice putting green, chipping and pitch-shot practice greens and a new bunker complex.

To reserve private lessons or tee times, please contact the concierge.

Bocce Ball, Cornhole, Ping Pong, Air Hockey, and Foosball are also available. ★

Hiking, Biking & Climbing Adventures

Trail House is the epicenter for active outdoor experiences. Stop in to learn about our vast array of hiking, mountain biking and rock climbing offerings. Visit the boutique for the latest in outdoor gear and apparel. Let our expert Adventure Advisors craft a menu of outdoor experiences tailored to your interests and fitness level.



ROCK CLIMBING ADVENTURE

*Please reserve 48 hours in advance.
\$695 per person, 2 person minimum.*

Ascend to new heights with our new rock climbing adventures. Explore the Granite Dells near Prescott, Arizona and discover how rock climbing builds confidence while increasing strength and flexibility of both mind and body. Depart from Enchantment on a custom adventure tailored to your skill level led by Arizona Climbing Guides. Includes breakfast, lunch, snacks and transportation.



To reserve a Trail House experience, please scan the QR code or contact an Adventure Advisor at 928.203.8407 or dial 6983 from your guestroom phone.





Grand Canyon Tours

Intimately experience the Grand Canyon on one of our private tours, led by our expert Trail House guides. Learn about its rich history, significant archeology, unique geology and diverse flora and fauna—all with breathtaking scenery.

South Rim Tour

Please reserve 48 hours in advance.

\$1,500 per 2 person minimum, plus \$300 for each additional guest.

Join us for a private guided tour of the South Rim. Depart from Enchantment on a custom adventure tailored to your interests. Visit several iconic destination viewpoints and museums along the rim. Includes private guided tour, breakfast, lunch, snacks, and transportation.

Below the South Rim Hiking Tour

Please reserve 48 hours in advance.

\$2,000 per 2 person minimum, plus \$300 for each additional guest.

Hike into the Grand Canyon. Customized to your interests and abilities, this private guided hike will allow you to experience the canyon from a new perspective as you explore up to 6 miles of trail. As you descend into the landscape, explore the changing rock layers and colors. Includes private guided tour, breakfast, lunch, snacks, and transportation.

NEW! Antelope Canyon Expeditions

Please reserve 48 hours in advance.

\$4,500 per 2 person minimum, plus \$300 for each additional guest.

Experience the Colorado Plateau on a private flight to Page, AZ where you'll embark on a 3-hour guided tour of Upper Antelope Canyon and much more!

Hiking & Mountain Biking Experiences

Discover the natural beauty of Sedona with a guided, private hike through some of the most stunning terrain in the country. With over 50 trails to choose from, our experienced Adventure Advisors will assist you in choosing the right hike for your skill level and interests.

SIGNATURE SPRING HIKES

Bird Watching Adventures

Enchantment Resort | 2 hours | \$205 per person
Oak Creek Canyon | 4 hours | \$295 per person

Hike the Red Rocks

2.5 hours | \$205 per person

NEW! Quietude Hikes

2.5 hours | \$205 per person

VORTEX HIKES

Bell Rock Vortex Experience

4 hours | \$295 per person

Boynton Canyon Vortex

4 hours | \$295 per person

Cathedral Rock Vortex Experience

4 hours | \$295 per person

Table Top Vortex Experience

4 hours | \$295 per person

Four Vortexes Tour

6 hours | \$375 per person

EVENING HIKES / STARGAZING

Hiking Under the Stars

2.5 hours | \$275 per person

Private Stargazing

\$400 (1-5 people)

Sedona is known as one of the top stargazing locations in the world. Immerse yourself in the spectacular night sky alongside our resort astronomer.

TRAIL RUNNING

Red Rock Trail Run

2 hours | \$205 per person

Stay Hydrated

Hydration in high elevation desert climates is essential for outdoor activity. Plan on drinking 1 liter of water per hour.



With hundreds of miles of mountain bike trails in and around Sedona, let our expert guides lead you on an adventure that is best suited to your interests and abilities. Please wear appropriate athletic attire. Helmets are provided.

GUIDED MOUNTAIN BIKE RIDES

Beginner Mountain Bike Adventure

2 hours | \$205 per person

Family Mountain Bike Adventure

2 hours | \$205 per person

Ride the Red Rocks

2 hours | \$205 per person

MOUNTAIN BIKE LESSONS

2 hours | \$205 per person

The Trail House offers mountain bike lessons for guests of all ages and skill levels, from beginner to advanced. Basic bike riding skills required.

LITTLE SHREDDERS CAMP

\$295 per child, Offered daily, Ages 8 -15

3-Hour Private Mountain Bike Lesson and Ride led by our expert mountain bike guides. Camp includes a custom Trail House jersey and sport bottle.

PIVOT MOUNTAIN BIKE RENTALS

\$85 half day, 7 am – 12:00 pm or 1:00 – 6:00 pm
\$135 full day, 24 hour period

Pivot Cycles, based in Tempe, AZ, is one of the most desirable and innovative mountain bike brands on the market. Their bikes have won numerous Bicycling Editors' Choice awards.

An expert guide will fit you to the bike and recommend trails for your skill level.

E-BIKES

Comfortably cruise through Sedona's picturesque road routes, tackle hilly terrain with ease, and cover more ground, perfect for both leisurely rides and ambitious explorations.

E-Bike Rentals

4 hours | \$95 per person

Guided E-Bike Excursion

2 hours | \$205 per person

Trail House Fireside Conversations ★

Wednesdays

6:00 – 7:00 pm, Trail House

Join the Trail House for a casual conversation with our adventure guide of the week. Each session features a new guide and their unique area of expertise, offering you the perfect chance to learn more about exploring Sedona and beyond.

TARGET SPORTS

Join our Trail House team for an exciting axe throwing, primitive atlatl or traditional archery experience! Ages 16+

Advanced reservation required. To reserve, please contact an Adventure Advisor by dialing 6088.



Guide Spotlight



DR. PATTI PIERCE

With a doctorate in education, administration and supervision, Dr. Pierce embodies the intrinsic principles of Enchantment and Mii amo. Proficient in the practice of yoga, guests will find Patti conducting sessions at the fitness center and out on the trails during her specialty vortex hikes and powerful guided meditations.



JOHN CLEMENT

With more than 30 years of experience riding Sedona's extensive singletrack trail system, John's calm and friendly personality provides beginner bikers with the confidence needed for a successful first run and advanced riders with a memorable partner to share their experience with.



LISA GRUBBS

Adventure enthusiast Lisa Grubbs finds great delight in the thrill of travel and outdoor exploration. This former naval officer turned naturalist truly found her calling through the study of the diverse bird species in our arid desert region. She loves sharing the natural wonders of the land with others and looks forward to meeting guests from all around the globe.



KYLE STOREY

From invigorating hikes to tranquil camping trips, thrilling wildlife excursions to immersive nature explorations, Kyle ensures every journey is not just an adventure, but a profound connection with the wonders of the wilderness. An accomplished urban planner dedicated to forging sustainable and vibrant communities, he brings a wealth of expertise about the natural world. His unwavering commitment to environmental preservation fuel his deep passion for the outdoors.



CARINA LEVERIZA

Carina moved to Sedona 14 years ago after retiring early from her career as an Intel research and development scientist in California. She has been a hiking guide and Adventure Advisor at the Trail House for over 8 years specializing in vortex experiences and sunrise / sunset hikes. She enjoys sharing her scientific knowledge with guests, discussing the high resonance of the quartz crystals found in Sedona's rock formations and their modern day scientific applications.



STEVE TEDRICK

A skilled and experienced mountain bike rider, Steve has been riding the Sedona trails for over 30 years. His understanding of the landscape allows him to curate memorable rides for guests of all skill levels and abilities. His calm and confident manner encourages novice bikers to establish a solid mountain biking foundation and intermediate to advanced riders new ways to perfect their skills.



Fitness & Wellbeing

Enchantment guests enjoy access to the 3,300 square foot Mii amo Fitness and Movement studios. Featuring more than 50 weekly classes and presentations, including strength, cardio, yoga and more. Personal training is also available.

FITNESS HOURS

6:00 am - 9:30 pm, Ages 16+

To make a reservation for a fitness class, please call 928.204.6101 or dial 301 from your guestroom phone.

All classes and presentations are held in the Mii amo Movement Studio unless noted.

STRENGTH & CARDIO

Please reserve 24 hours in advance.

Cardio Tennis

Sundays, Wednesdays and Fridays
10:00 – 11:00 am, \$75 per person

Practice tennis drills on Enchantment's professional-grade tennis courts. This class offers guests a variety of cardio drills for intermediate to advanced players.

*Hosted Open Play follows class. ★

Bosu Blast

Sundays
9:30 – 10:30 am, \$35 per person

This fun and challenging total body workout utilizes the half-ball Bosu in various ways to improve balance, stability and strength.

Intro to Pickleball

Mondays, Tuesdays, Thursdays and Saturdays
10:00 – 11:00 am, \$75 per person
Meet at the tennis courts.

This class is designed for players interested in learning the basic skills and rules of the game.

*Hosted Open Play follows class. ★

Power Plate Plus ★

Mondays 4:30 – 5:00 pm
and Fridays 10:10 – 10:40 am
Please reserve in advance.

This half hour class in the fitness studio will show you how the power plate can be worked into a workout to increase strength as well as neurological and lymphatic stimulation.

Aqua Fit

Tuesdays and Saturdays, 8:00 – 9:00 am
Mii amo Pool, \$35 per person

Experience a fun, full-body workout in the pool! Aqua workouts provide a refreshing and effective way to enhance fitness.

Cardio Shred

Tuesdays
9:30 – 10:30 am, \$35 per person

Focusing on the combination of strength and endurance, Cardio Shred will get the heart pumping and muscles working. This class utilizes cardio and strength-focused exercises to build muscle and burn calories.

Pump It Up

Wednesdays and Fridays
9:30 – 10:30 am, \$35 per person

Shape and tone your entire body, increase core strength, burn calories and improve bone health. Strength training using weights and high repetitions – the secret to developing lean athletic muscle.

All classes and presentations are held in the Mii amo Movement Studio unless noted. Ages 16+

STRETCHING & MEDITATIONS

Reservations not required unless noted.

Morning Ritual ★

Daily, 7:50 – 8:05 am and 8:10 – 8:25 am
Mii amo Crystal Grotto

Set your intentions for the day by joining this guided morning ceremony and meditation in the iconic Mii amo Crystal Grotto.

Evening Meditation ★

Daily, 6:10 – 6:40 pm, Mii amo Crystal Grotto

Experience relaxation while being guided on a sacred journey of self-awareness. Sunday and Thursday meditations include sound.

Morning Stretch

Mondays and Saturdays, 6:30 – 7:30 am
\$35 per person, Please reserve in advance.

Awaken the body with a relaxing morning stretch while welcoming the new day overlooking the iconic red rocks of Boynton Canyon.

Labyrinth Walk ★

Mondays, Tuesdays, Wednesdays, Fridays
and Saturdays, 8:40 – 9:10 am
Mii amo Labyrinth

A guided meditation walk through the Mii amo outdoor labyrinth.

Healthy Back ★

Mondays, 5:30 – 6:00 pm

This 30-minute practice focuses on strengthening, stretching and relaxing the muscles of the back and core to promote good posture and decrease muscular tension.

Foam Roller Fusion

Wednesdays, 10:50 – 11:50 am and
Fridays, 4:10 – 5:10 pm, \$35 per person
Please reserve in advance.

Release muscular tension, improve mobility and increase circulation by utilizing a foam roller and other fitness tools.

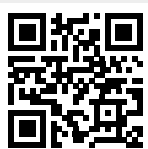
Chanting ★

Wednesdays and Saturdays
5:30 – 6:00 pm, Mii amo Crystal Grotto

Experience the power of sound and mantra meditation in the acoustic healing environment of the Mii amo Crystal Grotto.

PERSONAL COACHING

From private yoga sessions to strength training and nutrition sessions, Mii amo's certified fitness trainers will work hand-in-hand with you to understand your personal fitness goals to co-create a private training session to deepen and expand your wellness routine.



For more information, please scan the QR code or call 928.204.6101 or dial 301 from your guestroom phone.

TONING, YOGA & PILATES

Please reserve 24 hours in advance.

Yin Yoga

Sundays and Thursdays, 6:30 – 7:30 am
Mondays, 4:10 – 5:10 pm
\$35 per person

Lower body stretches target the deep connective tissues and fascia through passive, longer-held poses, increasing energy flow and improving flexibility. Relaxation and meditation are key components of this class.

Restorative Yoga

Sundays, 10:50 – 11:50 am and
Tuesdays, Thursdays and Saturdays
4:10 – 5:10 pm, \$35 per person

Renew the body with peaceful and nurturing asanas. Restorative Yoga is designed to relax, unwind and rejuvenate.

Gentle Flow Yoga

Sundays, 4:10 – 5:10 pm
Tuesdays and Fridays, 6:30 – 7:30 am
Thursdays, 10:50 – 11:50 am
\$35 per person

A softer, lighter paced flow coordinated with the breath, which allows you to move with a sense of ease and be more present with each pose.

Mat Pilates

Mondays, Thursdays and Saturdays
9:30 – 10:30 am, \$35 per person

Improve posture, body alignment, muscle endurance, balance, coordination, and mental awareness with a workout that engages the entire core.

Yoga for Longevity

Mondays and Saturdays
10:50 – 11:50 am, \$35 per person

Through breathing practices, asanas and meditation this class helps to increase flexibility, strength, balance and tranquility for overall health and longevity.

Hatha Yoga

Tuesdays and Fridays, 10:50 – 11:50 am
\$35 per person

Practiced at a slower pace with a focus on the breath, this gentle class incorporates a variety of poses and stretches designed to leave you feeling balanced and refreshed.

Qi Gong

Wednesdays, 6:30 – 7:30 am, \$35 per person

Rejuvenating traditional Chinese practice, with a focus on breathwork along with graceful movements for balance and fitness.

Chakra Yoga

Wednesdays
4:10 – 5:10 pm, \$35 per person

Awaken each chakra center and release physical energy flow with this deep guided meditation. Chakra Yoga offers the opportunity to learn about and connect to your energy centers.

LECTURES & PRESENTATIONS

Reservations not required unless noted.

Vortex Lecture ★

Sundays and Thursdays, 1:50 – 2:50 pm
Mii amo Labyrinth

Learn about the power of Sedona's vortex energy.

Mindfulness Through Breath ★

Sundays, 3 – 4:00 pm and Fridays, 1:50 – 2:50 pm

The breath is the foundation of every mindful practice. Learn how breath relates to emotion and how to channel its life-changing power to regain and sustain your wellbeing.

Let's Talk Nutrition ★

Mondays, 1:50 – 2:50 pm and
Fridays, 11 am – 12:00 pm, Mii amo Living Room

Join our nutrition professionals for a relaxed conversation and engage in an open discussion about one of the key pillars of longevity: our diet.

Juicing ★

Mondays and Fridays, 3:00 – 4:00 pm
Advanced Reservation Required. Mii amo Juice Bar

This class covers all aspects of juicing and will equip you with the knowledge to start incorporating juicing into your life to increase your nutrition and energy. Learn all about different ways to juice, benefits and ingredients, and enjoy tasting some fresh, delicious juice.

Mii amo Chef's Garden Experience

Wednesdays and Fridays, 11:00 am – 12:00 pm
\$65 per person, Mii amo Chef's Garden
Advanced Reservation Required

Explore our Chef's Garden with a garden tour and discussion around plant cycles, seasonality, companion planting and composting. Includes a tasting of seasonal produce freshly prepared at our community garden table.

Healthy Habits for Longevity ★

Tuesdays, 1:50 – 2:50 pm and
Thursdays, 3:00 – 4:00 pm, Mii amo Living Room

Establishing healthy habits may increase longevity and enhance quality of life. Uncover insights into impactful habits, identify the small changes that can yield significant results, and learn how to incorporate them into your daily routine.

Intro to the Chakras ★

Tuesdays, 3 – 4 pm and Saturdays, 1:50 – 2:50 pm

Learn what chakras are and how to bring conscious awareness to these energy centers. Keep your mind, body and spirit in balance with techniques used to release stagnant energy so that the body's entire energy system flows smoothly.

Understanding Dreams ★

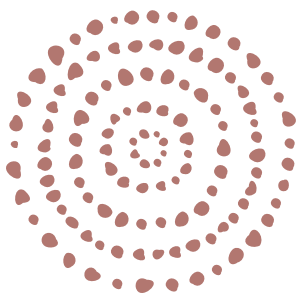
Tuesdays and Fridays, 5:20 – 6:00 pm
Mii amo Living Room

Explore the profound influence of dreams and unravel the intricate tapestry of messages they may be holding.

Spring Celestial Cycles ★

Wednesdays and Saturdays, 3:00 – 4:00 pm

The spring season is a time of new beginnings, rebirth and rebalancing. In this group session we honor and welcome new visions for ourselves, our communities and our world. Learn breathing and writing techniques for balancing and harmonizing with nature.



Mii amo a destination spa

Since 2001, Mii amo has been recognized as a leader amongst destination spa and wellbeing resorts, for its programming, the caliber of its professionals, its setting, architecture and design. Acclaimed for its unique ability to nurture personal wellbeing, Mii amo offers timeless and inspired methods.

UNIQUELY MII AMO

Honoring our place and committed to our roots, these services, found only at Mii amo, represent how we have served our guests with inspired innovation for over twenty years.

Inner Quest

Take this journey of exploration in a safe and trusted place and open yourself to the possibility of deep inner clarity. Ceremonial elements of braided sweet grass (representing the braids of grandmother), rawhide drums (to open the four directions), and cedar/sage oil (sacred plants) are all part of a journey that when together with our skilled guides make this a Uniquely Mii amo experience.

Chakra Balancing

Scented vibrational oils aligned with the body's seven chakra centers are used in conjunction with their coordinating colors of minerals, crystals, and stones. The oils vibrate at the frequency of each chakra and, when combined with energy work, guide you toward more balance and clarity.

Intentional Aromatherapy Massage

Aromatherapy in a uniquely Mii amo way. By combining the uncommon partnership of ten essential oils and ten intention-setting cards, this treatment approaches aromatherapy by essence rather than by sense of smell. It includes a dry body brush exfoliation with a light, flowing massage.

Intuitive Massage

Combining a gentle massage with an energy reading, your therapist balances and integrates the various aspects of your psyche. Both healing touch and conversation are carefully attuned to your needs so you may deeply reconnect to your sense of wholeness.

Spring Celestial Cycles Seasonal Offerings

Inspiration Massage
New Beginnings Facial
Ideas Emerge Meditation



Insight

This is an invitation to discover how your personal energy expresses itself. A meditation and energy reading lead to an in-depth exploration into duality and your innate intelligence that lives beyond it.

Soul Consciousness

Through a variety of healing modalities, a master therapist shares techniques that help support heightened awareness, new perspective, or reconnection with your inner self. Techniques may include guided imagery, energy work, emotional release, soul journey, and breath work. Become more conscious of your hidden gifts and restore harmony and balance to your life.

Connection Ceremony

Times of transition can be challenging regardless of whether they are happy, sad, rocky, or fluid. In this ceremony, you can meet these moments by letting go, saying good-bye or welcoming in, because connection can take many forms. Each individual ceremony is created to help you through a transition. Your transition may be connected to a specific event, such as a birth, a passing, or an anniversary. Or, it may be a broader life circumstance such as the evolution of a relationship.



ENCHANTMENT GUESTS AT MII AMO

Enchantment guests (ages 16+) enjoy exclusive access to Mii amo.

All Enchantment guests may use the Fitness and Movement studios, dine at Hummingbird, and are invited to attend the twice-daily Mii amo Crystal Grotto rituals and visit the Juice Bar and the Boutique.

Guests with confirmed reservations for spa services at Mii amo are invited to enjoy the communal areas of Mii amo on the day of their

service, 1-hour before and 1-hour after their spa reservation. This includes the Mii amo Living Room, Pool, Sauna, Whirlpool, and Steam Room.

To make a spa reservation, please call 928.204.6101 or dial 301 from your guestroom phone.



SKINCARE

Our skincare specialists use only the finest products and advanced facial techniques.

Mii amo Facial

After an assessment of your skin type and any concerns, your esthetician will create and deliver a custom protocol to address your skin's needs. A variety of purposeful techniques including guasha, micro current, multi wave light technology and products are selected to hydrate and reduce inflammation.

Cupping Facial

This unique method uses cups to increase circulation and stimulate collagen production which can minimize puffiness and reduce the appearance of fine lines while easing muscle tension and promoting whole health.

Lymphatic Facial

Working to stimulate the lymphatic system, this facial focuses specifically on detoxification, enhancing blood circulation and delivering fresh oxygen to tired, overworked skin.

Gentlemen's

Designed to address the special needs of men's skin, this facial considers the effects of daily shaving and how it can sensitize skin.

BODY TREATMENTS

Our Body Treatments include varying types of exfoliation, wraps and massages.

Desert Mist Body Renewal

This scrub, wrap and full body massage deliver head-to-soul healing. A soft magnesium scrub calms and reduces inflammation, and is followed by a clay wrap, which draws out toxins and improves circulation. Finally, a relaxing body massage utilizing a rich body butter moisturizes the skin. A tension-releasing face and scalp massage complete this experience.

High Desert Enzyme Wrap

After a whole body detoxifying dry brush, a light wrap of botanical and fruit enzyme oils stimulate the skin's ability to repair and hydrate. Now your skin is ready for a peptide-infused body lotion that nourishes and increases cellular rejuvenation.

Dosha Balancing Wrap

This Ayurvedic treatment addresses your unique constitution (Dosha). It begins with a scent journey of three Dosha-balancing oils. Light, rhythmic strokes soothe the skin while preparing you for a warm, detoxifying, herbal-infused wrap. An energy-opening Ayurvedic Marma- Point facial massage finishes this experience.

MASSAGE AND BODYWORK

Our Massage and Bodywork Treatments include varying types including couples massage.

Ancestral Stone Massage

Ancient cultures around the world believe that our ancestors work through stones to support our healing journeys. This modern-day interpretation incorporates both hot and cold stones. Basalt stones are used for their thermodynamic qualities that maintain heat and transfer energy while marble stones remain cold resulting in a direct effect on the cardiovascular system and relaxation of the muscle tissue.

CBD Massage

Our CBD massage begins with a dry brush and hot compresses, to prepare the body to receive the healing benefits of the CBD oil. Then, using a combination of massage techniques and application of a high potency CBD salve, stress, anxiety, and muscle tension are relieved.

Explore the Full Spa Menu by scanning the QR Code below.



Spa hours are 6:00 am to 9:30 pm
Available to guests Ages 16+

Artistic Activities



Visit the Enchantment Artist Cottage and explore a variety of classes offered daily. Supplies Included. Please reserve 24 hours in advance.

Beading

\$85 per person, 1–2 hours

Create a unique bracelet with beading wire and sterling silver clasps. Select from stone, ceramic, or wood beads to design a bracelet that resonates with your personal creative style.

Creativity in Mixed Media

\$165 per person, 2 hours

Explore the many possibilities of expression through mixed media. Guided by experienced instructors, learn techniques to blend different mediums, creating depth, contrast, and visual interest in your work. Whether you are a seasoned artist or a beginner eager to explore a new form of self-expression, mixed media allows guests to experiment with various methods and mediums to discover what resonates.

Drawing in Nature

\$165 per person, 2 hours. Weather permitting.

Explore the beauty of nature from an artist's perspective. Meander along Enchantment's pathways to discover the elements and textures of the high desert. From the towering sandstone red rocks to cacti and juniper bark, connect to nature while building your observation and drawing skills.

Enjoy a glass of our sommelier's choice of wine during the art classes listed above.

Available to guests 21+. \$20 per glass

Exploring the Acrylic Palette

\$165 per person, 2 hours

An ideal class for beginning painters, allow our artist instructors to teach you how to work with this versatile, bright and bold medium. Learn beginner to advanced acrylic painting methods including underpainting, glazing and textural effects.

Hand Building Clay

\$225 per person, 2 hours

Additional guests \$125 per guest, same party

Discover the origins of pottery making by learning traditional techniques such as pinch pots, coils, and slabs. In this workshop, you'll develop your skills in shaping and molding clay by hand.

Pastel Perspectives

\$165 per person, 2 hours

Explore the magic of creating art with pastels. Your instructor will guide you through various techniques to help you find your individual style, while enjoying the magic of blending and color exploration.

Southwest Pottery Glazing

\$85 per person, 1–2 hours

Learn the secrets of pottery glazing from our expert instructors. Your masterpiece will bake in our on-site kiln and be ready the following afternoon.

Tree of Life

\$115 per person, 2 hours, Ages 16+

Transform copper wire and crystal and stone chips into a tree of life pendant. Explore detailed wire working skills using jewelry pliers to bend, twist and shape copper wire into intricate designs.

Watercolors

\$165 per person, 2 hours, Ages 7+

Learn how to capture the stunning red rock scenery in watercolor from our resident artist.

Wheel Thrown Pottery

\$225 per person, 2 hours, Ages 16+

Additional guests \$125 per guest, same party

Feel the clay come to life in your hands as your imagination takes shape on the wheel. Explore essential techniques from centering clay and pulling up walls in this memorable, hands-on experience with instruction for all skill levels.

TRAIL HOUSE PHOTOGRAPHY TOURS

Red Rock Photography

Day and time arranged at booking, 2.5 hours

\$315 per person, Trail House

Drive to stunning vistas during golden hour, enhance your photography with expert guidance, and capture a shot worth framing. Bring your camera or smartphone.

Creative Photo Tips

Day and time arranged at booking, 2 hours

\$255 per person, Trail House

Join our professional photographer for a walk around property and learn techniques for focus, lighting, and composition. Capture landscapes, macros, architecture, and portraits. Bring your camera or smartphone.

**We kindly request that cancellations be made 24 hours in advance of the scheduled class. Cancellations made within 24 hours will be charged in full.*

Camp Coyote

Designed to educate and inspire our youngest travelers, Camp Coyote offers activities that explore the region's culture and natural environment. Trained counselors guide campers ages 4-12 through a host of adventures including nature walks, arts and crafts, scavenger hunts, and culinary activities.

SIGNATURE CAMP PROGRAMS

Canyon Geocache

Campers will learn how to use a compass before going out to hunt for some hidden treasure boxes.

Camp Sports

Enjoy time outdoors on with a game of pickleball, tag and relay races, ping pong, foosball and/or bocce ball.

Indoor Games

Campers can choose from a wide variety of board games, puzzles, guessing games and indoor table games.

Kids in the Kitchen

Learn how to bake cupcakes, banana bread, cookies or muffins.

Mystery Tracks

Find and identify animal tracks and learn how they survive in the desert.

Nature Walk

Discover plants and wildlife around Boynton Canyon.

Night Time Sensory Activities

Experience how the darkness of the canyon at night can play tricks on vision and/or enhance the other senses.

Regional Arts & Crafts

Make unique crafts such as painted wooden snakes and lizards, terra cotta pots and magnets.

Stargazing (Tuesdays & Saturdays)

Use telescopes to learn about our solar system. Available only during Evening Camp.

HOURS & PRICES

**subject to counselor availability*

Morning Half Day Camp

8:30 am - 12:00 pm | \$155

Afternoon Half Day Camp

12:30 - 3:30 pm | \$155

Evening Camp*

5:00 - 9:00 pm | \$175

Full Day Camp

8:30 am - 3:30 pm | \$275

Activities may vary due to weather conditions, season and participants.

ENROLL IN CAMP

All sessions above include a Camp Coyote backpack, snack or meal, and all craft materials.

For more information or to make a reservation, please contact our camp counselors by dialing 928.204.6056 or dial 6056 from your guestroom phone.

POLICIES

All children must be fully potty trained.

Cancellations must be received 24 hours prior to the camp start time to avoid a cancellation charge of 50% of the value of the session.

KIDS MOUNTAIN BIKING CAMP LITTLE SHREDDERS

\$295 per child, Offered daily at Trail House

3-Hour Private Mountain Bike Lesson and Ride led by our expert mountain bike guides. Camp includes a custom Trail House jersey and sport bottle. Ages 8-15



Experiences and Outdoor Adventures

Explore Sedona

Please contact Trail House for more information about the tours listed below.

Helicopter Tours

Soar above the red rocks allowing the landscape to unfold in breathtaking layers beneath you. Our helicopter tours offer a whole new perspective and a profound sense of awe and tranquility, revealing Sedona's natural beauty in a way that ground-level views simply cannot capture.

Northern Arizona Wine Tours

Explore Arizona's picturesque Verde Valley on a private tour with our Trail House guides. Visit Page Springs' renowned wineries in the comfort of our luxury transit vans and discover a delightful blend of vineyard exploration and exceptional wine tasting experiences, promising a memorable adventure for enthusiasts and connoisseurs alike.

Please contact the concierge for more information about the tours listed below.

Hot Air Balloon Rides

View the spectacular vistas of Red Rock Country from a hot air balloon. The fun begins with the exciting inflation of the balloon and continues as you rise with the sun during the ascent.

Pink Jeep Off-Road Tours

Sedona's famous red rock landscape offers adventure at every turn. Experience it for yourself with off-road tours that wind through the scenery in Pink Jeep® Wranglers. On Fridays, Saturdays, and Sundays, select tours depart directly from the resort.

Tlaquepaque Arts & Crafts Village

Explore luxury shops, fine restaurants and arts and crafts galleries in a village setting of courtyards, splashing fountains and flower gardens.

Scenic Drives

Bring a camera and a picnic lunch for a scenic outing through Uptown Sedona into Oak Creek Canyon. Alternatively, venture out to Red Rock Loop Road which showcases the famous Cathedral Rock. Or explore the winding drive up to the top of Airport Mesa, a popular spot to take in a spectacular sunset.

Parks, Sites & National Monuments

Plan an excursion to some of the sites, national monuments, or state parks in the region.

Slide Rock State Park 928. 282.3034

Red Rock State Park 928. 282.6907

Montezuma Castle 928. 567.3322

Chapel of the Holy Cross 928. 282.4069

Crescent Moon Park 928. 203.2900

Tuzigoot National Monument 928. 634.5564

Jerome 928. 634.2900

Grand Canyon National Park 928. 638.7888

Directory

Artistic Activities

To make a reservation for one of our artistic classes, please call 928.203.8470 or dial 8179 from your guestroom phone.

Camp Coyote

To make a reservation for Camp Coyote, please call 928.204.6056 or dial 6056 from your guestroom phone.

Epicurean Experiences

To make a reservation for one of our epicurean classes, please call 928.204.6014 or dial 303 from your guestroom phone.

Fitness and Wellbeing

For more information on fitness classes, mindfulness lectures and presentations, and full moon / new moon ceremonies please call 928.204.6101 or dial 301 from your guestroom phone.

Golf at Seven Canyons

To book private lessons or tee times, please contact the concierge at 928.204.6014 or dial 303 from your guestroom phone.

Trail House

To make a reservation for one of our outdoor adventures, please call our Adventure Advisors at 928.203.8407 or dial 6983 from your guestroom phone.

Mii amo, a destination spa

To make a reservation for a spa service or a Mii amo fitness offering, please call 928.204.6101 or dial 301 from your guestroom phone.

Pink Jeep Tours

Please contact the concierge at 928.204.6014 or dial 303 from your guestroom phone.

Tennis / Pickleball

For more information about private lessons or court reservations please contact the Tennis Pro Shop at 928.204.6027 or dial 6027 from your guestroom phone.

ENCHANTMENT

525 Boynton Canyon Road, Sedona, Arizona 86336
928.282.2900 | enchantmentresort.com