

NATIVE AMERICAN & SPIRITUAL WELLNESS: 3 NIGHTS / 4 DAYS

It is said that Native Americans consider Sedona a sacred place, which is reflected in many Native American ruins and cultures. These early people traveled many miles for ceremonies and celebrations. In modern times, Page Bryant was meditating on the beautiful red rocks and said she felt the energy coming from the rocks and used the phrase 'vortex' to describe the phenomenon. Since then, many metaphysical and spiritual people have come here seeking peace and harmony.

DAY 1

1. Take a Tour to Native American Ruins

Some local tour companies are permitted at certain heritage sites. Individuals need reservations at Palatki.

2. Shopping

There are many shops and galleries that carry Native American jewelry, Navajo rugs, Kachina dolls, pottery, baskets, Native American fetishes, art pieces, etc.

3. Native American Ceremonies or Storytelling

Some local tour companies and resort properties offer ceremonies, healings, storytelling or Native American music and entertainment.

DAY 2

1. Take a Day Trip to the Hopi Reservation

The Hopi Tribe is a sovereign nation located in Northeastern Arizona, about 2.5 hours from Sedona. Spend time exploring the Hopi culture on three mesas. Stop for lunch at the Cultural Center and Museum. They encourage visitation, but ask that people be respectful of their laws, culture and their way of life.

Or Visit Montezuma Castle National Monument, Montezuma Well and Tuzigoot National Monument

These sites were occupied between 400 A.D. and 1450 A.D. by the Sinagua. Paved walkways and exhibits in the Visitor Centers will enhance your experience as you explore and learn about these ancient peoples of the Southwest. The castle and well have picnic tables for visitors and groups.

More to Discover...

WALNUT CANYON NATIONAL MONUMENT

This national monument is located one hour northwest of Sedona and Flagstaff. Ancient cultures made their homes in these remarkable cliff formations. Walk into the canyon, view their cliff dwellings and enjoy this magnificent experience with nature.

WUPATKI AND SUNSET CRATER NATIONAL MONUMENTS

Sunset Crater erupted about 900 years ago and changed this landscape forever. Amid the towering and twisted Ponderosa Pine trees you will walk among lava flows and cinders. The road circles around on and off I-17 and includes Wupatki, another prehistoric Native American ruin that has been restored and is the largest in this park. Visitor centers have great exhibits and motorcoach parking is available.

FORT VERDE STATE HISTORIC PARK

This park is known for featuring the best surviving assemblage of Indian Wars era military architecture in the state. Located on this site are the primary artifacts of the park and the four surviving buildings. Aside from their Indian Wars' association, these buildings are significant in their own right as architectural expression.

MONUMENT VALLEY

Monument Valley is one of the truly distinct places in the United States. Its unique sandstone formations are instantly recognizable from old-time western movies to modern commercials. You will recognize famous monoliths as you travel through this amazing wonderland of stone.



DAY 3

1. Visit the Chapel of the Holy Cross

Start your day with a spectacular view of the red rocks from this chapel built into the rock formations on State Route 179. Accessible only by car, van, small mini-buses or local trolley. You can charter a trolley for your group.

2. Take a Tour to Vortex Sites

Sedona's world-wide reputation as a spiritual mecca and global power spot has drawn some of the most amazing healers, intuitives, artists, and guides. A vortex is an area of enhanced energy that is thought to provide inspiration and well being to those in the area. Enjoy a tour into the invisible realms of heart, mind and soul.

3. Visit the Amitabha Stupa and Peace Park

The Amitabha Stupa and Peace Park is a place for meditation and spiritual renewal. Located in West Sedona amid the stunning red rocks you will find peace and harmony as you walk the path and grounds.

4. Visit Metaphysical and Spiritual Shops

Experience tarot card readings, intuitive readings, aura readings, astrology guidance and more. Find meaningful gemstones, crystals or jewelry in Uptown. Sedona's energy is believed to amplify the stones' healing properties.

DAY 4

1. Pamper Yourself at a Day Spa

You will marvel at the wealth of options, including restorative body polishes, soothing massages, enhancing facials and rejuvenating body wraps – some of which employ ancient Native American traditions.

2. Participate in Healing Programs

Many local service providers offer: aromatherapy, sound healing, breathing sessions, Aura photography, energy work, chakra balancing, Reiki and more.



DINING IN SEDONA

Sedona is home to some of the best restaurants in northern Arizona. Surrounded by majestic red rocks, many Sedona restaurants have ample outdoor seating for the perfect view while dining. Enjoy Southwest, Italian, Mexican, Indian, French, Japanese and Continental cuisines. From casual gastropubs to fine dining, there is an eatery to suit everyone's palate. Many Sedona restaurants offer group menus and welcome tour groups.

** Commercial activities including guided hiking tours, jeep tours, horseback riding, tours to vortex sites, etc. on the U.S. Forest Service Land require permits. Please use the services of businesses that are permitted. Please visit [ScenicSedona.com/Play](https://www.scenicsedona.com/Play) for tour options.*



YOUR SEDONA CONTACT

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