

## SEDONA SAMPLE ITINERARY

A couple weeks before each pilgrimage with the energy of the group forming so does the itinerary. Here is a sample.

### DAY 1

- PICK UP at SKY HARBOUR AIRPORT
- WELCOME FEAST AND SHARING CIRCLE

### DAY 2

- WELCOME SMUDGING CIRCLE AND HONORING THE FOUR DIRECTIONS
- BREAKFAST
- NEW FRONTIER FOR SNACKS/LUNCH
- 11AM Drive to INDIAN GARDENS  
OAK CREEK CANYON GREETING BY DINEH (NAVAJO) AT THE CANYON LOOKOUT AND OPEN MARKET
- DINNER
- SHARING DRUMMING CIRCLE

### DAY 3 BLESSING DAY

- 7 AM-BREAKFAST - AIRPORT RESTAURANT
- WATER BLESSING AT TURTLE ISLAND WELL (MONTEZUMA'S WELL) AND CASTLE
- LUNCH
- VISIT THE WHITE BUFFALO IN FLAGSTAFF
- SUNSET CEREMONY

### DAY 4

- 8:00 AM-BREAKFAST
- 10:00 AM-MEET JESSE KALU @ D'LISH  
JESSE WILL TAKE US TO LONG CANYON'S BIRTHING CAVE & PLAY HIS FLUTE FOR US.
- D'LISH FOR LUNCH
- SHAMANIC HIKE AND JOURNEY TO BOYNTON CANYON CAVE OF FIRST WOMAN
- MEET NATIVE ARTIST ROD BEARCLOUD AT HIS NEW GALLERY

### DAY 5

- 8:00 AM-BREAKFAST AT WILDFLOWER'S
- TO BELL ROCK AND CATHEDRAL ROCK FOR A BALANCING OF THE MASCULINE-FEMININE POLARITIES IN THESE MOST POWERFUL VOTICES IN SEDONA
- FREE TIME TO DO WHAT YOU LIKE, ELIZABETH WILL BE YOUR CHAFFEUR!
- HIKE TO 7 SACRED POOLS FOR CHAKRA ACTIVATION
- DRUMMING CIRCLE

### DAY 6

- 8:00 AM BREAKFAST-
- BUILD MEDICINE WHEEL AND DO CEREMONY WITH ANNIE HUMMINGBIRD
- LUNCH AT CATHEDRAL'S GODDESS ROCK - CRESCENT MOON PARK
- MAKE PRAYER TIES FOR THE NEW MOON AT MARIO'S LODGE

- OPTIONAL SWEATLODGE IN THE EVENING

#### DAY 7 NEW MOON

- 8:00 AM BREAKFAST-COFFEE POT RESTAURANT
- 10:00 TO CATHEDRAL GODDESS ROCK ON THE OAK CREEK  
FOR A NEW MOON CEREMONY AND SHAMANIC JOURNEY
- 6 PM JESSE KALU FLUTE CONCERT
- 7:30 PM DINNER

#### DAY 8

- BREAKFAST WHEN YOU WANT IT-AIRPORT RESTAURANT
- VISIT THUNDER MOUNTAIN MAIDEN, WALK THE SEDONA TOR
- TO THE TIBETAN STUPA HONORING BUDDHA AND TARA

FREE TIME TO DO WHAT YOU WOULD LIKE:

READING, HEALINGS, MASSAGE??? ABOUT \$100.00 HR.  
HELICOPTER, BIPLANE OR AIR BALLOON OVER SEDONA ???  
OR ELIZABETH WILL BE AVAILABLE TO TAKE YOU TO SOME  
MORE SPECIAL SPOTS OR TAKE YOU TO THE SHOPPING  
AREAS....YOU DECIDE WHAT YOU WOULD LIKE TO DO!

- SUNSET SHARING CIRCLE

#### DAY 9

- AIRPORT VORTEX SUNRISE CEREMONY
- 9:00 AM YOU CHOOSE THE BREAKFAST PLACE
- 10:00 AM VISIT TO THE HEART CHAKRA - SUGARLOAF
- AFTERNOON OUTTING - GROUP CHOICE

#### DAY 10

- CHECK-OUT 11 AM
- OUR FAREWELL FEAST WITH KACHINA WOMAN AT  
THE ENCHANTMENT RESORT. THEN TO PHOENIX AIRPORT

\*OPTIONAL EXTENDED JOURNEYS TO OTHER LOCATIONS IN ARIZONA