

Spirit Tours

JOURNEYS OF THE SOUL



Sedona Soul Adventure

Travel with your spiritual community
and Reverend Dr. David Phears
to the heart of the world
April 28th to May 1st 2011

Sedona's stunning array of red sandstone formations, the Red Rocks of Sedona appear to glow in brilliant orange and red when illuminated by the rising or setting sun. This breathtaking back drop is perfect for a time of prayer and communion. The Native Americans also say that the red mountains are like a great magnet and that people are drawn to them because it is the home of the Great Spirit. Here, some say, we come face to face with our self and the potential of our nature.

Day 1 – Arrive Sedona Amara Resort and Spa

We will check in at the Amara Creekside Resort. This resort is set against a superb backdrop of red-rock buttes, and is steps from the gentle waters of Oak Creek. Amara is an oasis of peaceful seclusion just 5 minutes walk from bustling shops, galleries and restaurants. The resort and the new Elements Spa provide a sanctuary to relax and rejuvenate. The treatments inspired by Bali and influences from North America reflect the beauty, spirit and traditions of both Eastern and Western cultures.

The hotel is designed in harmony with the elements earth, air, fire and water. The eco friendly environment invites our group to linger in the soothing ambience of a Zen garden, furnished with meditative water sculptures, regional art and inviting sights and sounds of Nature.



This is a perfect setting for our meditations and prayers here you will restore your Spirit in this peaceful retreat. Our first eve, we will have a reception together in the hotel lounge and restaurant with sunset views of the red-rock buttes. Dinner will be on your own at hotel or nearby restaurants.

Day 2

7:30am Yoga with Yoga Teacher, Summer Rathswohl

9:30am Following breakfast (included) we will have prayer meeting and meditation hosted by Reverend Dr. David Phears

After wards is a perfect time to relax, visit the spa or take a short shuttle up to town for shopping in Taquepaque (pronounced Tla-keh-pah-keh), Sedona, Arizona's Arts & Crafts Village. Authentically fashioned after a traditional Mexican village, Taquepaque, meaning the "best of everything," has been a Sedona landmark since the 1970's.

Later in the afternoon, we will take a (2hour) hike through Marg's Draw Trail, which departs from Schnebly Hill Road to the Broken Arrow Trailhead. From the entrance to the trail head, a short walk up a hill begins the trail and enters Wilderness. Shade is soon left behind and gorgeous red rock views open up as the trail winds its way north across a nearly flat expanse dotted with juniper, pinyon pine and Arizona cypress. In the fall, the scene takes on a nostalgic flair as the palette switches to autumn hues. Be sure and take your camera.

Tonight upon returning to the hotel we will have dinner together
Included: Dinner

Day 3 –

We will rise before dawn and venture to Bell Rock. There are several energy centers, or vortexes of subtle energy, located in the Sedona area. The energy from these vortexes saturates the whole area in and around Sedona, and can be noticed in a subtle but general way. Bell Rock is reputed to be a vortex, visiting Bell Rock is an unforgettable experience, bring a flashlight and wander out onto Bell Rock just before sunrise for our meditation and prayer ceremony. The landscape is surreal in the soft glow as the rising sun lights up the rock and surrounding mountains.

The energy you take in at Bell Rock can stay with you and affect you positively for days afterwards. . This is because the power that emanates from the vortexes produces some of the most remarkable energy on the planet. People come from all over the world to experience the energy of the red mountains of Sedona.



We will return to the resort for breakfast a discussion with Reverend David

After lunch the afternoon is dedicated to free time on your own. We suggest an optional visit the Palatki Indian Ruins. The Palatki site is technically two sites in one-the cliff dwelling and the nearby rocks that depict the petro glyphs and pictographs. Palatki, which is the Hopi word for red house, features a cliff dwelling that was constructed in roughly 1150 AD. The cliff dwelling is about two stories high and contains the tell-tale pottery shards that are reminders of the lives that once dwelled there. Historians are not certain why these people abandoned their dwelling in 1300, but they believe warfare had something to do with it.

3:30pm Yoga with Yoga Teacher Summer Rathswohl

5:00pm venture to visit Airport Mesa to enjoy panoramic views of Sedona's best-known red rock landmarks

Day 4

7:30am Yoga with Yoga Teacher, Summer Rathswohl

8:30AM TO 9:30AM BREAKFAST

10:00am we will have Sunday Service together. Following the service we will have time to enjoy the hotel and have breakfast before departing for home. Extensions of stay are optional.

Price \$ 798.00 Double Occupancy

Tour Includes

- 3 Nights Hotel and Daily Breakfast and Resort Fee
- Guide Services Provided by Spirit Tour
- Hike through Marg's Draw Trail
- Sunrise Meditation at Bell Rock Vortex
- Sunset Tour to Airport Mesa
- Daily Prayer and Meditation with Rev. Dr. David Phears
- Group Reception
- Welcome dinner at Hotel
- Daily Yoga with Summer Rathswohl
- Palatki Indian ruins (Optional)

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Spirit Journeys

WHEN I CHANGE, THE WHOLE WORLD CHANGES