

Sedona Vision Trek – Athletes Journey

Itinerary

(Subject to change)

Day 1: 9-4pm

9:00am: Meet at the top of Airport Mesa. As a group, we will carpool to New Frontiers to buy food & water.

10 am: We will carpool to Cathedral Rock – a feminine energy vortex.

10:30-4pm: At the base of Cathedral, we will learn red rock climbing skills. Once at the top of Cathedral, we will formally introduce ourselves and our goals for the Journey.

During our descent, we will break for a “Breathing with Earth” meditation.

6pm: Sweatlodge Ceremony (Optional)

Native American Sweatlodge Ceremony is provided by local native Mario Cruz, weather permitting. Mario offers a light dinner after the lodge. It is customary in Native American tradition to gift a sweatlodge leader. Recommended offering is \$30. Sage and tobacco is also customary.

Day 2: 10-5pm

10am: Meet at New Frontiers with a packed lunch, ready to go.

10:30am: We will carpool to the entrance of *Steamboat Rock*, located part-way up Oak Creek Canyon. It’s a thirty minute hike on winding trails to get to the base of the mountain.

11:30- 5pm: We will ascend Steamboat Mountain, a rigorous climb with inspiring views! If you have fear of climbing or your physical abilities, don’t worry; your guides will support you all the way up and down.

At the top of Steamboat, we will participate in group “Unwinding” energy healing exercises that will help you clear accumulated stress, fear and body memory. We will finish the day with a group meditation before descending the mountain.

Day 3: 10-5pm

10am: Meet at New Frontiers with a packed lunch, ready to go.

10:30am: We will carpool to **Vortex Triangle** – an incredibly powerful area formed by Little Bell Rock, Courthouse Butte and Big Bell Rock.

11-4pm: Within the Triangle we will ascend **Big Bell Rock** – a male/electrical vortex. After our descent, we will journey to Little Bell and participate in exercises that help you access your Inner Guide and maximize energy flow through your body.

Day 4: 10-5pm

10am: Meet at New Frontiers with a packed lunch, ready to go.

10:30am: We will journey to **Boynton Canyon** – a balanced and quite potent energy vortex. Amalia Camateros – an earth shaman, will lead the group in exercises to ground and center you.

12:00 – 4:30: We will ascend **Doe Mountain**. At the top, we will participate in group energy healing exercises followed by a pipe ceremony by Bob “Lightning Hawk” Smith. It is optional, but customary in Native American tradition to gift a ceremony leader tobacco, sage or \$.

7pm: Hot tub social at Jonathan’ guest house (optional). Please bring a small dish and bathing suite (optional).