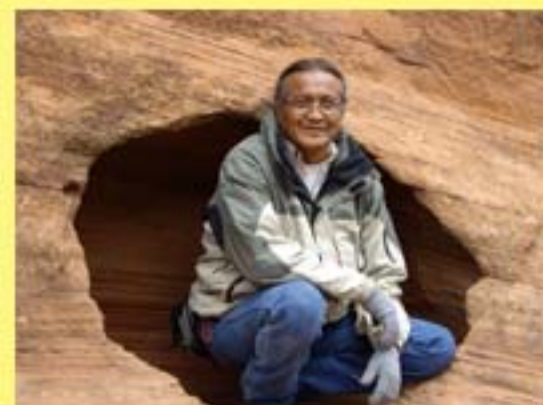


BEAUTY WAY: Anasazi Canyons, Yoga, Hiking and Navajo traditions with honored Elders

2009 dates to be announced



Day 1- Arrive in Phoenix, journeying to Sedona

We meet and greet at the Phoenix Int'l airport at 12 noon, heading out on a 2-hour drive to Sedona. En route we stop over at Honanki and Palatki ruins. Following check-in to our hotel, we'll have our first yoga practice in the evening and share dinner. Overnight in Sedona.

Day 2- Oak Creek area and Flagstaff.

After breakfast, we journey to Tuzigoot Nat'l Monument and Montezuma's well, both of which were inhabited by the Hohokam and Sinagua peoples from 700 years ago.

We'll reach Flagstaff around 1PM, have lunch and check in to our hotel. In the late afternoon we have Yoga practice at a local studio and free time to enjoy the galleries bearing fine local and native artwork and the charming historic downtown area of Flagstaff before catching dinner together.

Overnight in Flagstaff.

Day 3- Flagstaff to Kayenta via Navajo lands.

Breakfast and drive to Wupati and Wowanki ruins, both Hopi sites--near Sunset Crater. Lunch en-route and check-in to hotel in Kayenta. Late afternoon at Navajo National Monument with Grandmother Mary Williams, who is a Navajo medicine woman.

Late supper in Kayenta and overnight.

Day 4- Monument Valley.

Early AM Yoga class and breakfast at the hotel. Today we meet Emerson Gorman, a traditional Navajo elder and ceremonialist. We'll visit the stunning and geologically awesome Monument Valley, where we will take a guided tour deep into the valley for a few hours by jeep. Following lunch on site, there will be extra time for hiking and sitting among the marvelous rock formations, and an informal ceremony with Emerson.

Late afternoon Yoga class at hotel, dinner and overnight in Kayenta.

Day 5- Chinle, Canyon de Chelly.

Next to Canyon de Chelly, Chinle is an hour and a half from Kayenta. We'll check in and then go for the day to this beautiful, anciently inhabited place with its numerous cliff dwellings, which were inhabited by the Anasazi (Hi'sats'inom), Hopi, and later Navajo peoples. A jeep tour is required to take us back into Canyon del Muertos, but we'll hike out over the land trail upon our return.

Day 6- Chinle.

Today a sweatlodge ceremony will be given by Emerson.

After an early Yoga class and breakfast we'll meet with him for this very special tradition of prayer and purification. Overnight in Chinle.

Day 7- heading back to Phoenix. Morning Yoga practice, a stop at the Petrified Forest and dinner in Flagstaff on the way back.

Day 8- Retreat ends after breakfast and closing circle.



celebrating the
ancient ways



community & culture



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