

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

April 11-18, 2009



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 Montezuma's Well. Following check-in at our hotel, we'll have our first yoga practice in the evening and share dinner. Overnight in Sedona.

Day 2- Sedona area and Flagstaff.

After breakfast, we journey to Honanki and Palatki ruins, both of which were inhabited by the Hohokam people over 700 years ago. A 2hr hike in Boynton Canyon follows, and lunch in Sedona. We'll reach Flagstaff around 5PM, and check in to our hotel. In the evening, we have Yoga practice at a local studio, or you might want free time to enjoy the galleries, bearing fine local and native artwork in the charming historic downtown area of Flagstaff before catching dinner together. Overnight in Flagstaff.

Day 3- Flagstaff to Kayenta via Navajo lands.

AM Yoga and breakfast in Flagstaff. We drive past Sunset crater volcano to Wupati and Wowanki ruins. Lunch en-route and late afternoon with Grandmother Mary Williams, who is a Navajo medicine woman. Dinner in Kayenta and overnight.

Day 4- Monument Valley.

Early AM Yoga class and breakfast at the hotel. 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. Dinner and overnight in Kayenta.

Day 5- Chinle, Canyon de Chelly.

In the morning we'll check out the Navajo market in Kayenta on our way to Chinle. Today we will meet Emerson Gorman, traditional Navajo ceremonialist, and medicine man. 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.



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ancient ways



community & culture



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to your true nature

