

Villas and Vines  
presents

*Mind, Body, and Soul:*  
A Spirit Journey to  
**Sedona, Arizona**

*including a day-trip to the stunning Grand Canyon!*

*Led by*

*Pastor Sal* of the *Douglas United Church of Christ*

**November 10<sup>th</sup> - 16<sup>th</sup>, 2022**

Join our beloved and inspirational *Pastor Sal* as he leads us on a 6-day exploration of *Mind, Body and Soul* to *Sedona* and the *Grand Canyon* in Arizona, one of the most beautiful regions in America. The entire duration of our trip is spent in Sedona, with no hotel changes and where we have the entire hotel reserved exclusively for our group. Arizona, and specifically Sedona and the Grand Canyon, both have an immense spiritual and artistic heritage. During this trip, there will also be plenty of free time to discover and delight in the treasures and culture of this authentic and engaging place. This is a perfect opportunity to realize and develop your own inner awareness with Pastor Sal as our spiritual teacher!

*Every* aspect of our adventure is exceptional, experiencing this striking landscape in a truly remarkable way. Pastor Sal leads us with his spiritual insights; enjoy private excursions with the best local guides through Red Rock Country and the Grand Canyon; and savor carefully selected dining experiences and meals in this unique and historic culinary region of the country. Best of all is that there are NO HOTEL CHANGES, and we have use of the hotel's entire property, exclusively for our group, maximizing our community and spiritual experiences. Stunning scenery will inspire, spiritual moments will abound, and artistic and natural beauty will preside. Go ahead, give yourself permission to embark on a spiritual journey in Sedona.

*Let Go and become One with your Spirit!*



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A JUST WORLD FOR ALL



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mediterranean beaches.  
the hills of tuscany.  
one-of-a-kind tours.

**this is living.**



## *The Spiritual Side of Sedona*

With Pastor Sal as our Spiritual Leader and Interpreter, we discover why Sedona's World-Wide Reputation as a Spiritual Mecca and Global Power Spot has drawn some of our planet's most amazing Healers, Intuitives, Artists, and Spiritual Guides. Come to Mother Nature's Red-Rock temples to experience their life-transforming, soul-nourishing work in person. Sedona is a perfect place for spiritual and personal enrichment of the Body, Mind, and Soul.

### *What makes Sedona so special?*

The majestic Red Rock scenery and evergreen vegetation are two reasons for the unique energy of Sedona, with its tangible, regenerative, and inspirational effects. The red-orange color of the rock is one of the most neuro-stimulating of colors, enhancing creative thinking and problem solving. Because Sedona is framed year-round by green, we are also bathed in sense of hope and renewal, regardless of the season. The spectacular trails and overlooks provide numerous opportunities for prayer, and contemplation.

Sedona is also internationally known for the uplifting power of its *Vortex* meditation sites. Two aspects of those sites make Sedona truly special. First, within a very small geographical radius, you can easily access all the different types of vortexes (*upflow/masculine/electric*, *inflow/feminine/magnetic*, or *combination/electromagnetic*). Second, and most importantly, the Vortex sites are interwoven with the real world of a growing city. As a result, seekers have experience in how to incorporate their spirituality as they go through their daily lives. Rather than having to escape from civilization to find peace, visitors discover that Sedona's splendor gives them insights for how to create an inner harmony they can maintain once at home.

### *The Spirit of the Land*

The natural beauty of Sedona is extraordinary from any perspective, but the closer you get, the deeper your experience will be. Special Sedona guides will transport us through the physical landscape and into the heart of the wild. Let the *Spirits of the Land* speak to you. Our Native brothers and sisters are sharing their tribal wisdom, showing us how to live in harmony with the Earth and all our relations. Some of the most profound spiritual experiences in Sedona are to be found out on the land.

### *Sedona Vortexes Made Simple*

What are Sedona *Vortexes*? Vortex sites are enhanced energy locations that facilitate prayer, meditation, mind/body healing, and exploring your relationship with your Soul and the Divine. They are neither electric nor magnetic. The explanation for vortexes lies more at the extreme boundaries of known science, rather than in electromagnetic descriptions or gender-related labels.



### Welcome Expedition of Sedona's most scenic sights

*Be* prepared for a unique adventure to the most magnificent places in *Red Rock Country*. This customized adventure brings us to the edge of Sedona's vast wilderness, and immerses us into the beauty of the most mystical territory in the Southwest!

*During* our expedition, we visit the *Chapel of the Holy Cross*, sitting high atop the Red Rocks, and one of Sedona's premier destinations; the *Amitabha Stupa*, a storied spiritual oasis deemed holy by native people; the *Airport Scenic Overlook*, an amazing Lookout Point with views of the town and rugged red sandstone hills; and the *Sedona Heritage Museum*, a center for regional history, events, and education in a preserved family farmstead.

### Red Rock Guided Hike Adventure (half-day; 6 miles; easy to moderate)

*This* is the perfect hike for us through Red Rock Country! Experience a spectacular Red Rock adventure that begins along the lush *Oak Creek*, then ascends high above the most beautiful overlooks in Sedona's Red Rock Country!

*Our* knowledgeable guides will lead us through the most breathtaking trails of *Red Rock State Park*. This area allows for maximum exposure to Sedona's most monumental Red Rocks, birding galore, extended loop trails, impressive photo opportunities, and unique desert wildlife. Viewpoint stops include: *Cathedral Overlook*, *Gray Fox Overlook*, and *Red Hawk Overlook*. After our hike, enjoy a private basecamp picnic together, absorbing the beauty of our surroundings.

### Ultimate Sedona Adventure

*This* is the very best authentic experience in Red Rock Country! This *Ultimate Sedona Adventure*, will elevate our entire visit, bringing us deep into Sedona's wild backcountry. Our customized experience allows us access into the most remote, sacred, and seldom-visited land in Arizona.

#### Native American Culture:

*Our* Discovery brings us to *Montezuma's Castle*, a National Monument dedicated to preserving Native American culture. Here we explore a group of well-preserved dwellings located in *Camp Verde, Arizona*, which were built between the years 1100 – 1425, and used by the *Sinagua* people, a pre-Columbian culture closely related to the *Hohokam* and other indigenous peoples of the southwestern United States.

*Visit* *Tuzigoot National Monument*, a preserved 3-story pueblo ruin on the summit of a limestone and sandstone ridge just east of *Clarkdale, Arizona*, 120 feet above the Verde River floodplain.

*In* addition, we enjoy free time in *Jerome*, a former copper-mining boomtown, now home to numerous artist galleries and small wineries; and discover *Old Town Cottonwood*, a historical village in the "*Heart of Arizona Wine Country*".



### *Private Grand Canyon excursion*

*Explore one of the Seven Wonders of the Natural World. We are working with the very best guides to the Grand Canyon, avoiding large group tours and going “off the beaten path” to discover this most majestic site! Almost 2 billion years of geological history present themselves in the fantastic cliffs towering over this vast, mile-deep gorge that continues to humble every visitor.*

*Our private vehicles depart Sedona, journey through beautiful Oak Creek Canyon, and enjoy views of the Painted Desert and Little Colorado River Gorge from the road, before arriving to the Grand Canyon National Park. At the canyon's edge, we explore multiple spectacular overlooks, providing different vantage points. Enjoy an à la carte lunch together, with beer and wine included, at the historic El Tovar Hotel, overlooking the canyon. On our return, we visit the historic Cameron Trading Post on the Navajo Nation Reservation. Our drivers and guides lead us at a slow and relaxed pace, giving us plenty of time to admire in awe the majestic splendor of the Grand Canyon.*

### *Pink Jeep “Broken Arrow Tour”*

*The Broken Arrow Tour is the most legendary experience in Sedona, and a Pink Jeep Tours exclusive. Buckle up and hold-on tight for the Broken Arrow Tour—Sedona’s most exclusive and thrilling off-road 4x4 adventure! You’ll climb over and atop the area’s iconic Red Rocks, hold your breath down steep descents and enjoy stunning 360-degree views of Southwest wilderness. Go places you didn’t know four-wheels could go, and climb over rocks bigger than a car. Majestic views and stunning photos await. Witness panoramas of towering rock spires and unique geological formations surrounded by juniper and cypress trees.*

*This experience offers the best of what Sedona is known for. Certified Interpretive Adventure Guides will delve into Sedona’s rich past as we leave town. Once on the trail, we wind through remote areas of the Coconino National Forest. Some of Hollywood’s most beloved westerns were filmed here, including Jimmy Stewart’s aptly named “Broken Arrow” (1950).*

*Offered exclusively by Pink Jeep Tours, this is the area’s best rock-crawling experience and America’s first Jeep tour. Pink Jeep is the only off-road outfitter permitted to use this trail.*

*Ride in a Pink® Jeep® Wrangler; Led by Certified Tour Guides; Trusted and Safe.*

## *Alma de Sedona Inn – our home base for ALL six nights*

First to mention, is that all 6 nights will be spent at the *Alma de Sedona* – *NO HOTEL CHANGES*.

Next, is that we have rented the *entire* Alma de Sedona property exclusively for our group! This means private gathering space and time with Pastor Sal as our spiritual leader, and together as a DUCC spiritually-supportive community. This exclusive use also allows us to plan at least two “*House Dinner Parties*” during our stay!

*Alma de Sedona*’s Southwestern flair immerses you in the magic that is Sedona, with its incredible Red Rock Views, and situated on a quiet street in a high-end residential neighborhood. Three guest buildings face different directions providing spectacular views from each guest room. All rooms are offset, creating the privacy you want while relaxing on your patio or balcony.

The Inn is surrounded by *Thunder Mountain, Chimney Rock, Coffee Pot Rock, Airport Mesa* and many other named Red Rocks that are all visible from the property. Each offset room at *Alma de Sedona* is designed with comfort, privacy and pleasure in mind. In addition, enjoy the pleasure of lounging by the seasonally-heated pool, appreciating the spectacular views. When you stay at *Alma de Sedona*, you’ll experience the warmth of staying with good friends, along with all the comforts of a fine hotel. [www.almadesedona.com](http://www.almadesedona.com)

Full breakfast is included each morning; the Inn is centrally located in *West Sedona* within an easy 15-minute walk to shops, restaurants, and grocery store.

### *Privacy:*

When first meeting with the architects to design *Alma de Sedona*, we were asked what design features were most important to us. “Views and Privacy” was the immediate response. *Alma de Sedona* provides an abundance of both. Every guest room has a separate entrance and either a large private patio or balcony framing your very own Red Rock views. Our rooms are designed to be enjoyed, with fireplaces and sitting areas, jetted tubs meant for two, separate showers, and exquisite furniture and decor.



### **A Note about the Date:**

Local Sources “*in the know*” say early November is the absolute BEST time to be in Sedona, as not only are the Summer visitors gone, the Fall Colors are at their glorious peak!

### **Our Adventure in Sedona includes these remarkable Highlights:**

- Each morning Pastor Sal will offer spiritual thoughts and insights, setting the tone for each day's discoveries.
- Experience the *Beauty of Creation* together with a small, like-minded, spiritually-supportive community.
- All six nights at the *Alma de Sedona Inn* – NO HOTEL CHANGES. Immerse yourself in the *Magic of Sedona*, with each room having a private balcony or patio. [www.almadesedona.com](http://www.almadesedona.com)
- The *entire* Alma de Sedona property is rented exclusively for our group. This means private gathering space and time with Pastor Sal as our spiritual leader, and together as a DUCC community.
- We have secured the BEST guides with approved access to all the trails, which most guides don't have.
- Welcome expedition to Sedona's most scenic sights, including the *Airport Mesa* and the *Sedona Heritage Museum*.
- Visit the *Chapel of the Holy Cross*, Sedona's most inspirational location sitting high atop the Red Rocks.
- Explore the *Amitabha Stupa*, a storied spiritual oasis deemed holy by native people.
- Discover the power of Sedona's *Vortexes*, sites of enhanced energy that facilitate prayer, meditation, mind/body healing, and exploring your relationship with your Soul and the Divine.
- Discover *Red Rock Country* with our private guides who will lead us through the most breathtaking trails of *Red Rock State Park*. This area allows for maximum exposure to Sedona's most monumental Red Rocks.
- Experience the ultimate Sedona adventure, with stops in the former mining boomtown of *Jerome*, and *Old Town Cottonwood*, a historical village in the “*Heart of Arizona Wine Country*”.
- Explore the Native American Monument *Montezuma's Castle*, a group of well-preserved dwellings located in *Camp Verde, Arizona*, which were built between the years 1100 – 1425.
- Discover *Tuzigoot National Monument*, a preserved 3-story pueblo ruin on the summit of a limestone and sandstone ridge, 120 feet above the Verde River floodplain.
- Experience the thrill of the *Pink Jeep “Broken Arrow Tour”*, the most legendary off-road experience in Sedona.
- Dining together is a special part of our experience; at least two meals each day, with beer and wine, are included at carefully selected atmospheric restaurants and hidden gems.
- Enjoy two “*House Dinner Parties*”, taking advantage of our exclusive use of the *Alma de Sedona*.
- Full breakfast each morning.
- Plenty of free time, giving you the opportunity to explore as you wish.
- All activities included.
- All experiences are at a slow pace, generously allowing full immersion into the meaning and depth of each location.
- Intelligent Trip Design, always with a sense of journey, genuinely connecting you to the region.

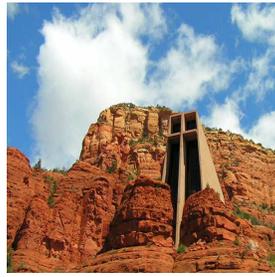
### **Our Full-Day Excursion to the spectacular Grand Canyon includes these Highlights:**

- Our *BEST* guides in Sedona have connected us to the *BEST* guides for our Grand Canyon excursion!
- We have our own *private vehicles*, allowing for slower pace and more time at each viewpoint.
- Explore multiple spectacular overlooks, providing different vantage points of the canyon's immense majesty.
- Our private vehicles allow for an “*off the beaten track*” experience, avoiding the crowds.
- Enjoy an *à la carte* lunch together, with beer and wine included, at the historic *El Tovar Hotel*, overlooking the canyon.
- Visit the authentic *Cameron Trading Post* on the *Navajo Nation Reservation*.

***Please note this trip begins and ends in PHOENIX, Arizona.***

***Air is NOT included to/from Phoenix.***





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**November 10<sup>th</sup> – 16<sup>th</sup>, 2022**  
*including a full day excursion to the Grand Canyon!*

**Name(s)** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Cell Phone** \_\_\_\_\_ **E-Mail** \_\_\_\_\_

\_\_\_\_\_ **\$3,600 Standard, per person double occupancy**  
 \_\_\_\_\_ **\$3,750 Deluxe, per person double occupancy (larger room, better view)**  
*Single Supplement is \$1,000 (in Standard only).*

**Deposit of \$500 per person is required to reserve your place.**  
 Personal checks accepted.

Please return this form with the \$500 per person deposit, payable to:  
 Villas and Vines  
 PO Box 131  
 62 Wall Street  
 Douglas, MI 49406

MasterCard and Visa accepted with a 3% processing fee added to the final payment.  
**Final payment is due by August 27, 2022 (75 days prior)**

*This tour includes all hotels, ground transportation, tour guide, activities, meals, and beer/wines as outlined in the program.*  
**Please note that this trip begins and ends in Phoenix, Arizona.**  
**Air is NOT included to/from Phoenix.**

*CANCELLATION: If canceled up to 75 days prior, there is a \$500 cancellation fee. If canceled between 75 – 30 days prior, the penalty is 50% of the total cost of the trip. The trip is non-refundable if canceled within 30 days of departure. Trip cancellation insurance is strongly recommended.*

For more information and reservations, please contact:

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