



Vortex Flow Sedona

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6 days / 5 nights

Set against the red-rock majesty of Sedona, this immersive yoga retreat is a journey into deep spiritual connection, renewal, and presence. Each day begins and ends with soulful yoga and meditation practices designed to align you with Sedona's powerful vortex energy—an energetic gateway known for awakening clarity, healing, and transformation. Between practices, we explore some of Sedona's most sacred and awe-inspiring landscapes. Experience a quiet morning visit to the Chapel of the Holy Cross at 9:00 AM, when the stillness allows for reflection and reverence. Venture to the top of the Old Creek Canyon plateau for expansive views and grounding energy, and walk the serene backside of Cathedral Rock at Rachel's Knoll, a revered space for contemplation and heart-centered intention. The journey is balanced with moments of earthly pleasure, including a relaxing visit to DA Ranch Vineyard, where you'll unwind among the vines and reflect on the day's experiences. This retreat is an invitation to slow down, tune in, and reconnect—body, mind, and spirit—within one of the most spiritually charged landscapes in the world.

Day 1 Arrival & Connection

Welcome to Sedona and the beautiful Sky Rock Hotel, upon arrival in Phoenix, AZ your transfer will bring you to the Sky Rock where you will check into this beautiful hotel nestled among the red rocks and relax on the terrace with its stunning views. . Relax, unwind and explore before meeting for a restorative practice, sunset views and group Welcome Dinner. Optional, have

🏠 Sky Rock Sedona

🌐 [Website](#)

Day 2 Adventure Awaits

Chapels, canyons, plateaus, vortex & winery

Rise for an early breakfast before meeting your driver in the lobby by 8:30 AM. Your first stop will be the incredible Chapel of the Holy Cross, a uniquely Sedona experience in architecture. After this off to Old Creek Canyon and the top of the plateau, where you will experience cultural exchange and incredible vistas. Your journey will continue as you wind around the backside of Cathedral Rock to visit Rachels Knoll. Relax & sit in serenity in this tranquil & sacred place. Before heading back to your hotel, visit the crew at the DA Ranch vineyard for sunset views and local wines. Return to hotel, Optional: practice an evening yoga, then dinner on own and free time.

Day 3 Hike & Downtown Fun



Welcome to day 3 where you will rise for your morning practice and a delicious breakfast. Meet in the lobby at 11 am for a guided hike right from the property! Experience the Adobe Jack hike as you soak in the beauty that surrounds you and you contemplate those that walked these grounds long before. Return to you hotel and enjoy time to rest and relax before heading to the vibrant downtown Sedona streets to shop, explore and simply have some fun! Visit the Tlaquepaque Arts & Shopping Village Pro Tip: check out the custom round dip candles & grab the stone that speaks to you! Early dinner out and own own., return to Sky Rock for optional stretch, music and fun on the terrace.

 Sedona Shuttle

[Sedona Shuttle Connect](#)

Day 4 Chakra & Energy Work

Mind, Body, Spirit: Moon Ceremonies and Healing

Today is a special day of energy work and inner exploration. Enjoy a leisurely breakfast and a 2 hour yoga practice, focusing on any areas in need of strength or improvement. Take part in a guided meditation. Relax with some free time to spend as you wish. Optional hike (Airport Loop & Vortex Mesa) 3.3 miles out and back, return to enjoy the hotel grounds. Later join another group restorative practice as the sun sets you will experience a special vortex ceremony, right at the hotel. To be in Sedona is magical, to be there during a full moon is truly special.

Day 5 - Yoga & Free Day

Connect with Practice & Self

On this last day of your retreat, enjoy a cup of coffee or tea, before meeting your group for your morning practice. We leave this day open to explore more with your practice or to pick up any last minute gifts. Organize a Sedona Shuttle pick up to meet The Sedona Trolley for a guided ride through Fay Canyon. After you return to the hotel gather for another group practice before having your final dinner together at the patio dining area. We hope you share your experiences with each other as you come together for this final meal.

Day 6 Departure

Gratitude and Farewell

We hope that your experience in the spiritually deep red rocks of Sedona leave you feeling grounded and connected to self and the world around you. After breakfast, you will meet the shuttle driver in the lobby for transfer back to Phoenix airport for a safe journey home.

What's included, what's not

What's included

- ✓ Accomodations
- ✓ Daly practice
- ✓ Daily breakfast
- ✓ Dinner buffets
- ✓ Excursions



✓ Transportation & transfers

What's not included

✗ Airfare

✗ Alcohol

✗ Personal exploration & spending

