



Enjoy an extra day in Sedona

Spend an extra day prior to The Gathering of the Shamans enjoying a special meditation experience and a day trip to Sedona!

Check in on Thursday, April 6th

Starting at 4:30 pm the day before the Retreat, you will be given a special tour of the Sedona Mago Retreat. On this one-hour hike you will be introduced to some of the powerful energy centers on our 160-acre property and shown some beautiful locations for personal reflection. That will allow you to make the most of your stay. Your tour will end at the dining hall to enjoy dinner. This hike is non-strenuous and accessible to anyone whose physical condition allows for an easy walk with gentle inclines.

At 7:30, After delicious meal in our dining hall, you will be treated to a special Mago Meditation session where you will receive some wonderful tips on mindfulness and relaxation, which will assist you in absorbing the most from your retreat.

After a peaceful morning hike or morning meditation and a lovely breakfast, you will be picked up and taken to Uptown Sedona. Uptown is a perfect place to shop for inexpensive gifts and where you will catch

the 10:30 Magic Red Rock Trolley, a 90 minute exposition of Sedona. Your tour includes stops at the Cultural Park and a trip to Boynton Canyon. <http://redrockmagicrolley.com>

At noon, the Trolley will drop you at Tlaquepaque, a world-renowned shopping center, with many fine galleries, shops and restaurants for you to enjoy a lovely meal. If you are interested in crystals, don't miss <http://www.tlaq.com/sedona/home/>

Your transport to Mago will pick you up there and return you to the retreat center with plenty of time to freshen up before dinner and the start of your program.

If your travel schedule allows for you to immerse yourself in the enchantment of Sedona for an extra day, you may select this option during registration for only an additional \$299!