



# Sedona Retreat - April 24-27, 2026

## Frequently Asked Questions

### What is the weather like in Sedona in late April?

Late April is one of Sedona's most beautiful seasons.

Expect warm, sunlit days in the 70s and cool desert mornings and evenings in the 40s–50s. Layers are essential, especially for sunrise practices and evenings under the stars.

We suggest:

- Breathable yoga attire
- A soft wrap or light jacket
- Comfortable walking or hiking shoes
- Hat, sunglasses, and sunscreen
- A refillable water bottle
- Lotion and lip balm

Desert air is dry. Hydration matters.

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### Is Sedona busy this time of year?

Yes. Spring is high season.

Flights, rental cars, and spa appointments book quickly. If you'd like to schedule Reiki, bodywork, or additional experiences outside the retreat container, we recommend reserving prior to arrival.

We are happy to provide trusted referrals.

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## Do I need a car?

Not necessarily.

If staying in Uptown or along 89A, shops and restaurants are walkable, and shuttle services, as well as door-to-door shuttle service, are available. All scheduled retreat excursions include transportation.

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## What is included?

- Accommodations
  - Daily breakfast available at the hotel
  - One group dinner (alcohol is not included but you are welcome to add on)
  - All yoga, vortex excursions, meditation, and extended sound journeys
  - Transportation to all scheduled activities
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## Is the retreat physically demanding?

Our land experiences include light hiking on natural terrain. The overall design prioritizes regulation, spaciousness, and depth over intensity.

This is not a performance-based retreat.

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## Can I attend solo?

Yes. Most guests do.

The container is intentionally small — only seven participants — allowing for both privacy and meaningful connection.

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## Are private sessions available?

Private Reiki, Ayurvedic consultations, or additional sound sessions may be arranged in advance, depending on availability. Due to the season, early booking is encouraged.

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## What makes this retreat distinct?

- Permitted access to Coconino National Forest vortex land
- Sunrise practice on the red rocks
- Extended sound healing designed for integration
- Spacious, unhurried pacing
- A maximum of seven guests

This is a refined, intimate experience — not a large-group wellness event.