

The Grace Yoga Next Level Retreat

If you are looking to spend some quality time delving into your yoga practice while experiencing the beautiful red rock surroundings of Sedona, this is a perfect retreat. The number of participants will be low, to allow personal attention to your practice and other activities to connect you to the ancient spiritual qualities of the area.

Location: Sky Rock Inn, Sedona AZ

“Sky Rock Inn exists to immerse every guest in Sedona’s beauty, peace, and restorative purity. Embedded into the red rock landscape, Sky Rock connects with Sedona’s mystic earth to empower self-reflection and healing. Views of electric sunrises and mountain-brushed, starlit skies center the soul; a palette of burnished brass hues, navy night blues, and indigenous textures recall Sedona’s ancient spirit. Meditation in the celestial mountain air and trail rides across enchanting desert terrain infuse Sedona’s magnetism. All with one goal: to connect body with mind, heart with soul, and essence with earth by nurturing the outdoor spirit from within.”

Dates: August 23 to August 27

Agenda: (tentative)

23 Aug	24 Aug	25 Aug	26 Aug	27 Aug	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	START TIME
Arrival Day	Morning Practice & Breakfast	Morning Practice & Breakfast	Morning Practice & Breakfast	Morning Practice & Breakfast	6:45 Meditation 7:00 Yoga
	Vortex Hike	Stupa	Vortex Hike	Closing Circle and Check Out	9:30
	Free Time	Free Time	Free Time or wine tasting		1:30
Dinner on your own	Dinner on your own	Dinner on Your own	Group Dinner		5:30
Opening Circle	Shaman Fire Ceremony	Guided Stargazing			7:30

Retreat Rates:

\$2000 per person double occupancy

\$2500 per person single occupancy

Schedule and pay for your own flight and transportation to Sedona

50% deposit due by July 1, 2021

Hotel Offerings:

Lounge

Small plates, local craft beer and cocktails:

The lounge is located to maximize the extraordinary views of surrounding mountains. Enjoy a tasty, small plate dinner and cocktails while taking in the views.

Pool & Hot tub

The pool is open until 10 pm each day and stays at 82 degrees.

Shuttle

The shuttle will provide complementary rides up to 3 miles from the hotel

Sedona Offerings:

The downtown is 1.5 miles from the hotel and offers great restaurants and local shopping.

Massage and Body Work

[Gateway Cottage Wellness Center](#)

This center provides a myriad of spa treatments. Check out their website and make your reservation at least two weeks prior to the retreat for the perfect experience. Gateway will give discounted prices to the retreat group.

Shopping

Designed after a traditional Mexican Village [Tlaquepaque](#) offers restaurants, galleries, and specialty shopping. Tlaquepaque, meaning 'the best of everything', is a Sedona Landmark not to be missed.

Cultural

[Amitabha Stupa and Peace Park](#)

Sitting majestically among the pinion and juniper pines and surrounded by a landscape of stunning crimson spires, it is a jewel to behold. The stupa is one of the oldest forms of sacred architecture on earth, dating back to the time of the Buddha, 2600 years ago.