

# A Sacred Dance Guild Journey

Operated by Sacred Sites Journeys

A Division of Heartlight Fellowship



**SEDONA**  
**Sacred Dance in the**  
**Mystical Red Rock**  
**Country**  
**& at the World-Famous**  
**Grand Canyon**

**October 5 – 9, 2011**

**SDG Hostess/Featured Dancer: Rev. Dr. JoyBeth Lufty, President**



Join Dr Joy on this memorable SDG journey to stunning Sedona, named by USA Today's *Weekend Travel Magazine* as **the # 1 most beautiful place to visit in the US.**

**Sedona Vortex Tour Guide: Mark Amaru Pinkham**



- Local Sedona Resident, Author, Astrologer, and Spiritual Teacher,
  - Director of the Seven Rays of Healing School,
- Grand Prior of The International Order of Gnostic Templars, a modern day Knights Templar Order dedicated to the Revival of the Divine Feminine and Gnostic Wisdom
- Director of the World Alliance for Planetary Enlightenment

**Journey with other Sacred Dance Guild members  
to SEDONA, nicknamed the “Land of Awe”  
because of its awesome Red Rock formations,  
on a magical and mystical retreat!**

**This unique SDG retreat will take you to some striking locations  
within the Sedona Red Rocks, as well as to serene places within yourself.**



**Through moderate hikes, meditations and sacred dance  
at the breathtaking vortex power spots, you will have  
the kind of life-changing experience Sedona is famous for!**



**Spend a day at the world-famous magnificent Grand Canyon,  
with time for a sacred dance experience near the rim!**

**This group is open to the first 12 people to register.**

**Registration closes August 14, 2011,  
or sooner if the group fills before that date.**

**In order to avoid disappointment, please reserve your space NOW!**

### **WHAT IS A VORTEX?**

A **vortex** is a place where energy goes in and/or out of a system. Examples are earth vortices, chakras & acupuncture points in our bodies, and galaxies and black holes in the Universe. Scientific experiments have shown that vortex energy moves in a spiraling way (*vertere*, Latin for spiraling). Earth Vortices are found in many places around the planet. Sedona has many, and a very large variety of types. When in proximity to these places, you may be affected to varying degrees; some people feel more relaxed and meditative in some spots, or more energized in others.

# YOUR SEDONA SDG RETREAT ITINERARY

*B = Breakfast; L = Lunch; D = Dinner*

## Day 1. Wednesday, October 5. To Sedona - Welcome Dinner (D)

You will need to arrange your flights to/from Phoenix International Airport. Please book your flight to arrive no later than 1:00PM so that you can meet the group for the 2:00PM transfer via a local shuttle bus arranged by Sacred Sites Journeys for your transfer to Sedona. (Details to be provided with final itinerary.)

NOTE: If you drive to Sedona, you will receive credit on your final invoice for not taking the shuttle.

**2:00PM** – Depart Phoenix International airport on your pre-booked shuttle bus to Sedona. Your approximately 2-hour ride will take you out of the bustling metropolis of Phoenix and up into the stunning high desert country of northern Arizona.

**4:30PM** (approximate) - Arrive at the **Inn of Sedona**. Check in. NOTE: Sacred Sites Journeys has not included your hotel room in the travel package pricing, but instead has blocked a group of non-smoking rooms with two queen beds per room with the Inn of Sedona for your group, at a special price of \$159.00 + 13.75% tax per room per night. Reservation block is in the name of “Sacred Dance Guild”. Since you will be sharing a room with another SDG member, after you register with SSJ only one of you needs to call the hotel to hold your room. Call 800-292-6344 or 928-282-3072 to give your credit card to reserve your room. It will not be charged until you check out of the hotel at the end of your retreat.

At the **Inn of Sedona** ([www.InnOfSedona.com](http://www.InnOfSedona.com)) you will enjoy breathtaking panoramic views of Sedona's main attraction, the majestic Red Rocks. There is no room in the hotel without a view of the world's most acclaimed natural wonders. There is an outdoor heated pool, spa and exercise room. A deluxe continental breakfast is provided daily. Included with your room is a 27-inch television with HBO and in-room movies, as well as free high-speed internet access. The hotel is located in the middle of town, near some of the best restaurants, world class shopping, excellent art galleries, and metaphysical stores. Take some time to rest and relax a bit after your day of travel and enjoy a spectacular sunset from the promenade deck.



**6:45PM** – Meet your Sedona Vortex Tour Guide Mark Amaru Pinkham and Dr. Joy in the hotel lobby.

**7:00PM** – **Welcome Dinner** at Judi's Restaurant, located a short walk next door to the hotel.

**Overnight Sedona. The Inn of Sedona.**

## Day 2. Thursday, October 6. Airport Mesa and Bell Rock (B)

Enjoy your delicious continental breakfast at the hotel. Then meet Mark Pinkham and Dr. Joy in the hotel lobby and depart via van to **Airport Mesa Vortex**, the only place in Sedona where you can get a 360-degree panoramic view of the entire Sedona area. Bring your camera! AND...prepare yourself for a potent time, as this power spot lies at the apex of a triangle uniting three of the four main vortexes. In other words - it's really “charged!” Mark will share information about the geological and esoteric history of Sedona. He will lead an **Opening Ceremony** to help you begin to connect with the magic energies of Sedona! And you'll have time for a Sacred Dance experience led by SDG President.



Return via van to the hotel. Enjoy lunch on your own at a nearby restaurant. Mark can recommend several that are within walking distance of the hotel.

After lunch meet Mark and Dr. Joy again in the hotel lobby. Depart via your private van to **Bell Rock**, the great sentinel and beacon of Sedona's principal vortexes. We'll take an easy walk up on the formation a short way and enjoy the incredible views! Remember to breathe! Here, where the upward flowing



energies assist in sending out prayers and affirmations, Mark will lead a **Ceremony for World Peace**. And Dr. Joy will lead a **Peace Body Prayer**.

Return to the hotel via your private van. You have free time for rest and integration; don't forget those luscious sunset views! Dinner on your own. Sedona offers numerous restaurants within walking distance of the hotel offering a variety of natural, ethnic and/or continental cuisine. Check with the concierge for other choices.

You can arrange for the hotel shuttle bus to take you and pick you up at any of the local restaurants in town. The group may also choose to share sacred dances together in the evening.

**Overnight Sedona. The Inn of Sedona.**

### **Day 3. Friday, October 7. Full Day Visit to Grand Canyon (B/Box Lunch)**

After an early breakfast, meet your van driver in the hotel lobby and depart for your full day visit to the Grand Canyon. (Note: Mark will not accompany you today. Instead your van driver, who is very knowledgeable about the local history, etc. will share useful and interesting information with you during the drive. Once you're at the Grand Canyon, you'll have free time.) You leave Sedona and head north through the majesty of **Oak Creek Canyon** and some of America's most breathtaking red-peaked rocks to **Flagstaff**, ski mecca of northern Arizona and crossroads to the Grand Canyon. As you drive out of the city and you'll be greeted by the **San Francisco Peaks**, the holy mountains where the Hopi Kachinas are said to dwell for part of the year.



Arrive mid-morning at the spectacular **Grand Canyon**, considered by the ancient Hopi people of the area to be the great womb of Mother Earth. Designated a **National Monument** in 1908, a **National Park** in 1919 and a **World Heritage Site** in 1979, it is one of the most spectacular examples of erosion anywhere in the world, and is unmatched in the incomparable vistas it offers. You will have time to walk in the beauty and peace, with time for individual meditation and reflection. You can catch the US Park Service bus that runs along the rim and stop at any viewpoint to take in the

breathtaking views. And for a sacred dance near the canyon's rim! Perhaps you'd like to give thanks for the blessings received from Great Spirit at this sacred place. Who knows?? Maybe you'll be blessed by a visit from one of the giant Condors that swoop over the canyon rim! (A box lunch is included.) Return to Sedona and your hotel later afternoon/ early evening (6PMish).

Dinner on your own. Choice to share our sacred dances.

**Overnight Sedona. The Inn of Sedona.**

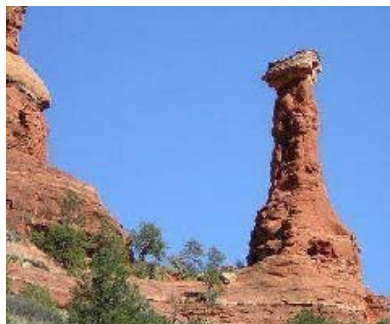
### **Day 4. Saturday, October 8. Cathedral Rock, Boynton Canyon and Farewell Dinner (B/D)**

After breakfast meet Mark Pinkham and Dr. Joy in the hotel lobby and depart via van to **Cathedral Rock**, one of Sedona's most famous vortex sites, representing beauty and spirituality for people worldwide. You'll take an easy walk to magnificent vista points. At a nearby medicine wheel, Mark will facilitate a traditional **Four Directions Ceremony**



to harness the feminine polarity that is found here, to soothe, balance and harmonize our body, mind and spirit! And you'll have time to dance to these potent energies!

Return via van to the hotel. Lunch is on your own.



After lunch meet Mark and Dr. Joy and depart from the hotel to visit **Boynton Canyon**, abounding in soothing and nurturing feminine energies, where you may feel like you're being held in the arms of the Mother Earth! After a short walk to **Kachina Woman Rock** for spectacular views of the surrounding area, Mark will facilitate a **Closing Ceremony**, a time to give thanks for all the gifts of insight, inspiration and healing that you've received during the retreat! And you'll be able to dance your thankfulness!

Return to the hotel via van in the later afternoon. You have time for a bit of rest before you meet Dr. Joy and Mark in the lobby and depart via the hotel shuttle to Uptown Sedona for your **Farewell Dinner** at Oaxaca Mexican Restaurant, a time to enjoy a delicious Southwest meal, share with each other your visions, hopes and dreams that you will be taking home from mystical and magical Sedona.

Return to the hotel via the hotel shuttle. **Overnight Sedona. The Inn of Sedona.**

### **Day 5. Sunday, October 9. Depart Sedona (B)**

After breakfast, depart on your pre-booked shuttle for Sky Harbor Airport in Phoenix to connect with your afternoon flight home. Or, depart on your own.

*Note: This itinerary is subject to change due to conditions beyond our control.*

### **Your SDG Sedona Sacred Journey Includes:**

- Roundtrip shuttle transportation from Phoenix Sky Harbor Airport to the Inn of Sedona
- Welcome and farewell dinners; box lunch at the Grand Canyon
- Transportation to Sedona vortex sites and the Grand Canyon
- Pre-Paid Gratuities for included meals and tour activities

### **Special Added Features:**

- Share this sacred Sedona experience with Sacred Dance Guild President Rev. Dr. Joy Lufty and other like-minded people from the Sacred Dance Guild
- Locally escorted by Sedona Vortex Tour Guide author Mark Amaru Pinkham
- Visits to the most important vortex sites in Sedona, with meditations and sacred dance
- Full Day visit to the Grand Canyon, with an opportunity to experience sacred dance

### **Not included:**

Hotel Accommodations – See Day 1 for information about booking your hotel room

Airfare to Phoenix International Airport; or transportation on your own if not flying

Meals not included in the tour package

Any items of a personal nature such as laundry, drinks, internet access and telephone calls. Any item that is not specifically detailed in the final trip itinerary

# **Sacred Sites Journeys**

**A Division of Heartlight Fellowship**

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