

## Sedona Creativity Retreat October 7, 8 & 9, 2011

We've painted Sedona more than once and it is beautiful, especially at our resort, Los Abrigados right on Oak Creek and next to Tlaquepaque, which has the best shopping to complete your experience.

### Itinerary

Friday morning at 11:30 we will meet at The Secret Garden Cafe which is in Tlaquepaque near the entrance to our resort. They specialize in gourmet salads and sandwiches, pastries, espresso and rich, delicious ice cream. After lunch we will explore a bit of Tlaquepaque walking off our lunch and begin our first creative lesson at the park on Oak Creek next to our resort. After handing out some goodie bags, we'll play with some loosening up exercises, set our intentions for our time together and walk the Labyrinth as we internalize them.

We will then check into our rooms at Los Abrigados, relax for a bit & take a little time to settle in and freshen up before our dinner. We'll gather in my room for a glass of wine at 5:30. I will pass around lots of project samples and do a demonstration.

Dinner is at Picazzo's, an organic gourmet pizza and salad restaurant at 7 PM. You'll love this place, very artsy! Those who have the energy may wish to enjoy the outdoor Jacuzzi after dinner. It is open until 11 PM.

Saturday we will gather at 8 AM in my room for morning meditation and stretching (outdoors if weather permits) as well as setting our daily intentions. This will be followed by breakfast, a variety of fruit, yogurt, bagels & pastries, coffee, tea & juice. We'll have a fun little writing & doodling exercise to get your creative juices flowing.

Next we'll pack up our picnic lunch and head out to Red Rock Crossing, a beautiful park that happens to be the most photographed place in the Southwest. Cathedral Rock is a female vortex which is nurturing and comforting. I will lead the group in some creative exploration. We'll enjoy our picnic lunch under the big sycamore trees listening to the rushing water and each others stories. After lunch I will show you how to weave your exercises together into a visual journal. There is a fine art festival at the high school close to the park so we'll stop by and check it out.

Dinner is at 7 PM at Heartline Café, the best restaurant in town in my opinion. They now offer small plates so you can save room for one of their scrumptious desserts! Anyone with any energy left once we return to the resort will gather in our room for a glass of wine, tea or hot chocolate to discuss the day and review our work.

Sunday we will meet for our morning meditation/stretching followed by breakfast and then after checking out of the resort we'll head to West Fork Trail to soak in some more of the surrounding beauty while we finish our projects. This is the best place to see fall color. When ready for lunch we'll head to Fuego's for some yummy Mexican food. After lunch we'll say our goodbyes and set up a date to meet for lunch in Phoenix to share our projects.

## Directions

To get there:

From Phoenix, take I-17 north approximately 100 miles and exit at Hwy 179. Take 179 north to Sedona. If you have extra time make sure and turn right on Chapel road 11 miles after you leave I-17. Take the road all the way up the hill to the Chapel of the Holy Cross, it's free and beautiful with stunning views.

Continue on 179 into Sedona and take a left on 89A south at the light. Take your second entrance left into Tlaquepaque and Secret Garden Café is on your left, 928-203-9564, [www.sedonasecretgardencafe.com](http://www.sedonasecretgardencafe.com).

The resort and park are located at the end of this parking lot.

Friday night, the restaurant, Picazzo's, is just south on 89A (left) of our room on the left side, 928-282-4140, [www.picazzospizzasedona.com](http://www.picazzospizzasedona.com).

Saturday we will again head south on 89A to Red Rock Loop Road. Stay on the pavement at the fork and continue into Crescent Moon/ Red Rock Crossing Picnic Area. There is a \$7 entrance fee per car so we will try and carpool.

Saturday night, Heartline Café is on 89A south just a little further than Picazzo's and on the right hand side, 928-282-0785, [www.heartlinecafe.com](http://www.heartlinecafe.com).

Sunday, when we leave the resort, we will head up 89A north towards Flagstaff. Exactly 10.5 miles from the Y (intersection where 89A and 179 intersect) there will be a parking lot on the left. It will cost \$10 but will be well worth it. We can do a short hike or a long one or just stay by the creek.

For lunch on Sunday, Fuegos is just south of the Y on 89A, 928-221-0537.

To get home:

You can get home the way you came by heading south on 179 and then south on I-17.

As the weekend draws near, I will send a more exact list of the demos and projects. If there is something you are particularly interested in learning, let me know. These retreats are designed with you in mind.