

# Haven Acupuncture & Wellness

## *Fall Immersion – Sedona Vortex Retreat*

### Overview

Join **Haven Acupuncture & Wellness** October 25-28<sup>th</sup>, 2017 for a small group excursion to Sedona Arizona where we gather with local traditional healers for our fall immersion.

This powerful Shamanic experience is a Sedona retreat designed to deeply immerse you in the spiritual energy of Sedona vortexes.

The Sedona retreats spiritual experience is life-changing. The boost of Sedona vortex energy will help you to let go of stuck energy in your life and bring your deepest heart's desires into clearer focus. Skilled guides will help you gain priceless insight into harnessing the vortex energy masterfully to transform difficult life situations and bring your energy back into the great flow and pulse of your Higher Self, your heart-centered awareness and your greatest life now.

### **Haven Acupuncture & Wellness**

Date: October 26-29th 2017

Contact for more information today!

[www.havenacupuncture.org](http://www.havenacupuncture.org)



## Daily Schedule

### Wednesday, October 25<sup>th</sup>

- 12:00 – Montezuma Castle National Monument
- 2:00 – Arrival & late lunch
- 3:00 - Hike to Devils Bridge
- 6:00 – Dinner
- 7:30 - Opening Ceremony at Medicine wheel

### Thursday, October 26<sup>th</sup>

- 8:00 – Breakfast
- 9:00 - Amitabha Stupa Peace Park Meditation
- 11:00 - Acupuncture treatments
- 12:00 - Lunch
- 1:00 – 5:30 - Vortex hike at Cathedral Hill / Red Rock Crossing
- 6:00 - Dinner
- 7:30 - Drumming Ceremony

### Friday, October 27<sup>th</sup>

- 8:00 - Breakfast
- 9:00 – Meditation at Amitabha Stupa
- 10:00 - Acupuncture treatments
- 12:30 – Lunch & Free time
- 2:30-5:00 – Vortex hike & meditation at Bell Rock
- 6:00 - Dinner
- 7:00 - Closing Ceremony at Medicine wheel

### Saturday, October 28<sup>th</sup>

- 8:00 - Breakfast
- 9:00 - Acupuncture Treatments & Free Time
- 12:00- Departure

