

Shaman School Itinerary

All meals will be provided.

Day 1: 1/12

Monday Evening 6:30pm-9:00pm

Dinner at Home

Initiation into the Tao Way of the Shaman – Night Journey to Bell Rock

Day 2: 1/13

Tuesday 8am-5pm

Breakfast at Home

Travel to Shaman's Cave in Sedona (1 hr)

The Rainbow Body Ceremony at Shaman's Cave in Sedona

Spirit Helper Ceremony at Shaman's Cave

Packed Lunch at Shamans Cave

*5pm-9pm Dinner at Home & Viewing of The Horse Boy (2009) – Free on Youtube

Day 3: 1/14

Wednesday 6:30am-9:30pm

Breakfast at Home

Travel to Canyon de Chelly (3.5 hrs)

Packed Lunch at Canyon de Chelly

Sacred Land Journey Deep into Canyon de Chelly

Fasting & Navajo Hogan stay at Spider Rock Camping Ground

Preparing the Alter & Forgiveness Ceremony

Day 4: 1/15

Thursday 6:30am-9:30pm

Travel to Monument Valley (2 hrs)

The Wandering Ceremony & Vision Quest at Monument Valley

Fasting ends with Restaurant Dinner

Monument Valley Firetree Navajo Hogan stay

Day 5: 1/16

Friday 5:30am-9:30pm

Breakfast & Gratitude Ceremony at Monument Valley

Early Restaurant Lunch in Monument Valley

Travel back to Sedona (3.5 hrs)
Dinner at Home in Sedona
Evening Healing at Home in Sedona

Day 6: 1/17 Saturday 10am-7pm

Breakfast at Home
Bringing it all together – Ceremony & Rebirthing Ceremony in Sedona
Restaurant Lunch & Dinner

Day 7 1/18 Sunday

Breakfast at Home
Departure

Shaman School Itinerary

The Initiation Period

Day 1: 3/17

Drive North to Supai, AZ

Day 2: 3/18

Havasupai Falls

Day 3: 3/19

Sedona: To the top of Bell Rock

The Shaman's Death

Day 4: 3/20

Tuesday

Breakfast at Home

Morning Checkin

Travel to Bell Rock Top (1-1.5 hr)

The Crystal Palace Ceremony in Sedona

Lunch at Retreat

Spirit Helper Ceremony Walk through Boynton Canyon

*5pm-9pm Dinner at Home & Viewing of The Horse Boy (2009) – Free on Youtube

Day 5: 3/21

Wednesday

Breakfast at Home

Travel to Canyon de Chelly (3.5 hrs)

Packed Lunch at Canyon de Chelly

Sacred Land Journey Deep into Canyon de Chelly

Fasting & Navajo Hogan stay at Spider Rock Camping Ground

Preparing the Alter & Forgiveness Ceremony

Day 6: 3/22

Thursday

Travel to Monument Valley (2 hrs)

The Wandering Ceremony & Vision Quest at Monument Valley

Fasting ends with Homemade lunch

Travel to Lake Powell

Jump off at Horseshoe
Airbnb Stay

Day 7: 3/23

Friday

Breakfast & Gratitude Ceremony via canoe on Lake Powell
Travel to Marble Canyon (1 hrs)
Death & Rebirth in the Marble Canyon
Dinner at Home in Sedona
Evening Healing at Home in Sedona

Completion

Day 8: 3/24 Saturday

Breakfast at Home
Bringing it all together