



RETREAT AND GENERAL SEDONA, ARIZONA INFORMATION

Embodying the Spirit of Healing A Unique Sedona Retreat & Experience

**This is a Sedona 5-Day Retreat Experience
Hosted by Kimberly Meredith & Kenji Kumara**

**October 6-10, 2025
Doors Open 8:30am Monday, October 6th, 2025**

**This is held at the Global Center for Christ Consciousness in Sedona, AZ
100 Northview Road
Sedona, AZ 86336**

Go here for more details on this location where the retreat is being held:

<https://gccc.one/>

REMINDER: Make sure to bring the basics like a large water bottle, notebook, pen, hat, sunglasses, sunscreen, mosquito repellent, day pack and layered clothing, etc. Below is a series of details to assist in your trip to Sedona, compiled for you by the retreat team. We hope you have an amazing trip! Let us know how we can assist.

Airports/Shuttle/Rental Cars/Transportation:

Sky Harbour International Airport

<https://www.skyharbor.com/>

Kenji Kumara

www.KenjiKumara.com

Questions? Email us at support@kenjikumara.com

Flagstaff Pulliam Airport
<https://flyflagstaffaz.com/>

Airport Shuttle
https://groometransportation.com/sedona/?sd_client_id=7b2d6e6c-b01a-4a15-a91e-36dd8bd865e5

Sedona Enterprise Rental Cars, west Sedona
<https://www.enterprise.com/en/home.html>

Lyft in Sedona
<https://www.lyft.com/driver/driving-opportunities/sedona-az/driver-with-lyft>

Uber
<https://www.uber.com/global/en/r/routes/sedona-az-to-cornville-az/>

Taxi
<https://www.uber.com/us/en/r/cities/taxi/sedona-az-us/?toString=3db02d>

Sedona Shuttle/Connect

<https://sedonashuttle.com/microtransit/>
<https://sedonashuttle.com/trailhead-shuttles/>
<https://sedonashuttle.com/>
<https://visitsedona.com/blog/how-to-navigate-sedona-without-a-car-introducing-sedona-shuttle-connect/>

Places to Stay:

Laura Marcos
<https://www.airbnb.com/users/show/18165593>

Mel Finnerty
<https://www.airbnb.com/rooms/824758201021324778>
<https://www.airbnb.com/rooms/50592044>

Courtyard Sedona
<https://www.marriott.com/en-us/hotels/flgcs-courtyard-sedona/overview/>

El Portal
<https://elportalsedona.com/>

Poco Diablo

<https://www.pocodiablo.com/>

Dreamcatcher Inn, west Sedona

<https://www.dreamcatcherinnsedona.com/>

Los Abrigados

https://www.tophotelreservations.com/los-abrigados-resort-and-spa?_ga=2.53797480.1740546028.1713594730-1145869840.1713594730

Baby Quail inn, west Sedona

<https://babyquailinn.com/>

Green Tree Inn, west Sedona

<https://www.greentreesedona.com/>

Southwest Inn at Sedona (west)

<https://www.swinn.com/>

Arroya Pinon Hotel. west Sedona

<https://www.choicehotels.com/arizona/sedona/ascend-hotels/az021?mc=llgoxxpx>

Cedars Resort, west Sedona

<http://www.sedonacedarsresort.com/>

Southwest Inn at Sedona

<https://www.swinn.com/>

La Petite Sedona

<http://www.lapetitesedona.com>

Andante Inn at Sedona

<https://www.andanteinn.com/>

Camping

<https://www.sedona.net/camping>

Sedona Vacation Guide

<https://visitsedona.com/where-to-stay/vacation-rentals/>

Kenji Kumara

www.KenjiKumara.com

Questions? Email us at support@kenjikumara.com

VRBO

<https://www.vrbo.com>

Air B and B

<https://www.airbnb.com>

Restaurants:

Chocola Tree, west Sedona

<https://chocolatree.com/>

Thai, west Sedona

<https://fresh-and-natural-thai-kitchen.popmenu.com/>

Cafe Jose, west Sedona

<https://sedonacafejose.com/>

Coffee Pot, west Sedona

<https://coffeepotsedona.com/>

Local Juicery, west Sedona

<https://www.localjuicery.com/>

Coffee and bakery, across from The Plaza

<https://www.yelp.com/biz/creekside-coffee-and-bakery-sedona?start=80>

The Pump House Station, across from The Plaza

<https://pumphousestation.com/>

Wildflower, Uptown by Visitor's Center

<https://wildflowerbread.com/>

Whole Foods, west Sedona

<https://www.wholefoodsmarket.com/>

Secret Garden Café, Tlaquepaque Plaza

<https://sedonasecretgardencafe.com/>

Javelina Mexican, Hillside Plaza

<https://www.javelinacantinasedona.com/>

El Rincon Mexican in The Plaza

<https://www.elrinconrestaurant.com/>

Kenji Kumara

www.KenjiKumara.com

Questions? Email us at support@kenjikumara.com

Hideaway House, Up from The Plaza
<https://sedonahideawayhouse.com/>

Shorebird Coastal Kitchen, by The Plaza
<https://shorebirdrestaurant.com/locations/sedona/dinner-menu/#>

Hiro's Sedona, Japanese, west Sedona
<https://www.hirosedona.com/>

Szechuan, Chinese, by Whole Foods
<https://www.szechuanaz.com/>

Mesa Grill, at the Airport
<https://mesagrillsedona.com/>

Other Details:

Best crystal store, west Sedona
<https://crystalmagic.com/>

Essential Oils in west Sedona, by appt
<https://www.stillpointaromatics.com/>

Pure water, west Sedona
<https://sedonawaterworks.com/>

Natural ice cream, Uptown
<https://www.blackcowcafesedona.com/>

Local Juicery, west Sedona
<https://www.localjuicery.com/>

Sedona shuttle to trailheads, Thu-Sun
<https://sedonashuttle.com/>

Suggested Hike:

Amitabha Stupa, west Sedona
<https://www.tara.org/amtibha-stupa/>

Other support services from Kenji Kumara and Kimberly Meredith:

Kenji Kumara: Pre & Post retreat wave sessions, 90 mins

<https://kenjikumara.com/wave-sessions/>

Kenji Kumara: Post retreat Sacred Sedona Vortex Hikes, 2-4 hours

<https://kenjikumara.com/sacred-sedona-vortex-hikes/>

Kimberly Meredith: Pre & Post healing sessions, 30 mins

Kimberlymeredith11@gmail.com

To speak with a member of the Healing Trilogy Team, please contact us at 818-754-4310

Kenji's Healer Friends in Sedona, AZ:

Cassie Mavis, LMT, Gateway Cottage & Spirit Quest

<https://gatewaycottagewellness.com/cassiemavis>

Dianne Denton, LMT, Los Abrigados Resort

<https://www.massageforhersedona.com/>

Energy Work, Susie Beisler, west Sedona

<https://susiebeiler.com/>

Aurora Luna Star, west Sedona

<https://auroralunastar.com/>

Womb Healing for Women, Laura Maven Star

www.lauramavenstar.com

Maps & Sedona General Information:

Visitor's Center, Uptown

<https://visitsedona.com/trip-planning/visitor-center/>

The Hike House, by The Plaza

<https://thehikehouse.com/>

Kenji Kumara

www.KenjiKumara.com

Questions? Email us at support@kenjikumara.com

Ranger Station, on Hwy 179

<https://www.fs.usda.gov/recarea/coconino/recreation/outdoorlearning/recarea/?recid=81575&actid=120>

Visit Sedona Guide

<https://maddendigitalbooks.com/azsedvg22/>

Kenji Kumara

www.KenjiKumara.com

Questions? Email us at support@kenjikumara.com