

Indagare

INSIDER  
JOURNEY

# MIIAMO RETREAT WITH ELIZABETH LESSER

JANUARY 26 – 30, 2025 5 DAYS | 4 NIGHTS



OUTDOOR ADVENTURE | WELLNESS | MINDFULNESS | HIKING

# Mii Amo with Elizabeth Lesser

SUNDAY, JANUARY 26 – THURSDAY, JANUARY 30, 2025 (4 NIGHTS)

Experience transformational workshops, healing treatments, meditation and true relaxation at Mii amo, an intimate retreat nestled in the red rocks of the Sedona desert that unveiled a total renovation last winter. Here, you can pursue your own health goals while also seeking peace and renewal through our beloved annual program hosted by spiritual coach and Omega Institute co-founder Elizabeth Lesser, who will lead daily sessions focused on processing—and growing from—challenges we face in our personal lives and throughout the global community.

FROM \$6,350 (PER PERSON, DOUBLE OCCUPANCY); \$7,650 (SINGLE OCCUPANCY)

## HIGHLIGHTS & SPECIAL EXPERIENCES



Cover photo courtesy Mii amo. This page courtesy Indagare

**Work towards balance, peace and healing through daily sessions** with Omega Institute co-founder and spiritual coach Elizabeth Lesser, as well as guided meditations with opening and closing ceremonies.

**Reset and reenergize with a \$1,000 resort credit**, per person, to be used towards any of Mii amo's spa and wellness treatments and specialty programming, including such experiences as: aqua therapy, gardening, painting and photography, plant-based cooking and mixology classes, reiki, restorative yoga, personal training, chakra and crystal energy healing, sound meditations and much more.

**Enjoy daily complimentary access to Mii amo's renovated spa and fitness center**, along with daily breakfast, lunch, dinner and snacks at Mii amo's café.

**Pursue your own goals and interests with complimentary access to all of Mii amo's daily scheduled group activities**, including fitness classes, guided hiking, yoga and meditation classes and health and wellness lectures.

## About Your Host



**Elizabeth Lesser** is a beloved repeat Indagare Insider Journey host, a bestselling author and the co-founder of the Omega Institute, the renowned retreat center in Rhinebeck, New York. She is the author of numerous books, including *The Seeker's Guide*, a powerful resource for growth and healing, and her *New York Times* bestseller, *Broken Open: How Difficult Times Can Help Us Grow*. Her newest book *Cassandra Speaks: When Women are the Storytellers, the Human Story Changes* empowers women to trust their instincts, find their voice and tell new guiding stories. Elizabeth is also an expert on meditation and healing techniques. In 2008, she helped Oprah Winfrey produce a 10-week online seminar based on Eckhart Tolle's book, *A New Earth*. She was a frequent host on Oprah's Soul Series and is one of the Super Soul 100, a collection of leaders who are using their voices to elevate humanity. She has given two popular TED Talks. She lives with her family in the Hudson River Valley, where she is an avid walker, hiker and gardener.

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“In her book, *The Seeker's Guide*, Elizabeth writes about the process of finding the right teacher—she personifies everything she preaches. A good teacher leads you back to *you* and is careful not to cultivate guru status. I have never seen a spiritual guide lead with such candor, openness and generosity... and deft deflection! She is a true master of her craft.”

*A traveler on our 2022 Indagare Journey to Mii amo with Elizabeth Lesser*



From top: Courtesy Elizabeth Lesser; courtesy Mii amo

# About Your Accommodations

## MII AMO ARIZONA

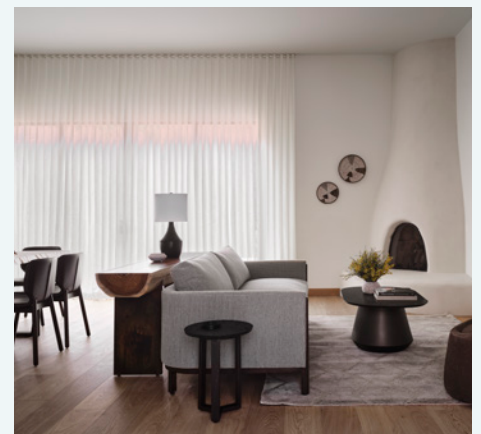
*Nestled in the red rocks of Sedona, Mii amo is an intimate spa that nourishes mind, body and soul with spiritual healers as well as hiking and facials. “It’s all about you” philosophy caters to those seeking rest, renewal and transformation.*

Mii amo, the small spa attached to Enchantment Resort in Sedona, is a place that makes you believe that a better you—and that can mean whatever you wish—is attainable. Plus: The red rock location will awe you; and you really feel lucky to have time in such a sacred, healing, beautiful place.

Mii amo, which means “journey” in a Native American language, focuses on one’s “personal journey to health and wellness.” Visitors choose among five journeys: healthy lifestyle, rejuvenation, de-stress, spiritual exploration and ayurvedic balance. Multitaskers can create their own experience, combining elements of multiple journeys. Each program includes accommodations, meals, classes and two 60- or 90-minute treatments a day, as well as a Mii amo robe and daily “gifts.”

The interior design of the public rooms and casitas merges a southwest aesthetic with minimalist furniture for a sleek, soothing atmosphere. The design philosophy emphasizes the outdoors and a purposeful simplicity, so one focuses not on extreme luxury or comfort but the beauty of the surrounding nature and the contemplation of one’s journey. Sparseness is intentional.

Guests can have a latte at breakfast and wine with dinner, but the spa café makes the healthy choices so easy and appealing that you eat lightly. And a word of warning: Cell service is non-existent on the property, though there is wifi.



*Photos courtesy Mii amo*

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“With every new year we think to ourselves: What comes next? What do we want to let go of, to hold on to, to make peace with, to change, to contribute? This gathering is a time for you to call in the spirit of possibility. It's a time to rest, to build back resilience, eat well, laugh, cry and slow down enough to find your way home to yourself. It's also a chance to enjoy the company and conversation of some wonderful new friends, so that we can rise together into this next chapter.”

*Your host, Elizabeth Lesser*



Courtesy Mii amo

## Ready to experience Mii amo?

Click the link below to reserve your spot:

[BOOK NOW](#)

INDAGARE  
212-988-2611



INDAGARE.COM  
@INDAGARETRAVEL

### INDAGARE IMPACT

At Indagare, we believe that travel can and should have a positive impact on the destinations we visit. We are proud to operate as a 100 percent carbon-neutral company, and you can rest assured that the unavoidable emissions from your trip have been offset through trustworthy carbon projects. By offsetting all company operations, staff travel, and trips booked for both members and Journeys participants, our travelers know that they have done as much as possible to ensure they are not negatively impacting the environment. And through the Indagare Impact Fund, we donate an additional percentage of our annual revenue to carefully vetted non-profits committed to helping preserve culture, heritage and the environment.

## Journey Inclusions

- Four nights at Mii amo. Indagare can arrange higher category accommodation upgrades, subject to availability.
- Daily sessions with author, spiritual guide and co-founder of the Omega Institute Elizabeth Lesser
- \$1,000 spa credit that provides the flexibility to co-create your own daily treatment schedule with the Mii amo team
- Access to all complimentary Mii amo scheduled programming for the duration of your stay (including yoga and meditation sessions, fitness classes, hiking, tennis, mountain biking, reiki, gardening, lectures and culinary activities, subject to availability). Please note that reservations are made on a first-come, first-serve basis. The schedule and bookings for January activities will be announced in the fall of 2024.
- Unlimited use of the fitness center, spa pool, lap pool, steam room, sauna, whirlpool, meditation areas and lounge areas
- All gratuities
- Expert guides and therapists, as indicated in the itinerary, including the 24/7 support of Indagare's partners on the ground
- Carbon Neutrality: Offsetting 100 percent of unavoidable emissions through certified carbon projects



Courtesy Mii amo

### JOURNEY EXCLUSIONS

- Transportation to and from Arizona
- Airport transfers to and from the hotel
- Meals not specified and specialty beverages other than those included in the meals
- Optional/specialty activities and personal items and expenses
- Trip insurance (highly recommended—please let us know if you would like quotes).
- Custom trip-planning for add-on travel to destinations not included in the Journey is available; please inquire.
- Liability for change in itinerary due to reasons beyond our control (such as flights, cancellations, natural phenomena)

# Know Before You Go: Trip Insurance



## Trip Insurance Recommendation

It is important to note that the **Global Rescue coverage that comes with every purchase of an Indagare Journey is not the same as travel or trip insurance**, which—among other features—offers financial protection concerning situations that occur before a trip begins and require a change or cancellation of travel plans. These can include a personal or family illnesses or other unexpected factors such as lost luggage, flight disruption, illnesses or accidents that require emergency medical treatment and/or hospitalization.

So that guests can plan and undertake travel with the minimum possible financial risks, **Indagare also strongly recommends that guests joining Indagare Journeys trips purchase travel insurance to cover their trip(s)**. Travel insurance may be obtained from any of a number of providers that specialize in such insurance, and as a courtesy to guests, **Indagare can arrange for a quote for coverage with our preferred providers to be prepared and emailed directly to you at your request**.

*Note: Plans from some providers can be purchased up to 24 hours prior to departure; others require 14 days notice. Indagare recommends opting in to a plan well in advance of your trip. Please be advised that Indagare is not a licensed insurance company or advisor.*