



Guest Arrival Packet

Dear arriving guests,

Sedona Mago Center for Well-Being and Retreat is excited for your upcoming visit to our retreat center and we are committed to the health of our guests and staff. To our great delight our guests have continued to have transformative experiences while following all Arizona public health protocols. As we relax our COVID 19 protocols, we request basic mindfulness and kindness for our staff and fellow retreat guests. If you are sick don't come and reschedule and come another time. All guests are required to pass a temperature check prior to checking in. For further information regarding our COVID arrival policy please read and refer to the COVID-19 additional guest arrival requirements. This should be attached as an attachment to our email.

Information and History about the Sedona Mago Center Well-being and Retreat

Sedona Mago Center for Well-Being and Retreat was founded in 1998 by Ilchi Lee to share and deliver the messages of his enlightenment and the way of the Tao. Sedona Mago is a 501 (C) 3 non-profit and non-denominational. Our focus is on *Energy and the Tao (or the way)*. We are located on 173 acres of pristine forest land in Rural Sedona, Arizona.

What to expect at the retreat center

Upon arrival at the Welcome Center you will be greeted by our wonderful staff. Our staff will conduct a pre-screening process which will consist of passing a temperature check and screening process. Upon completion of the arrival requirement, our staff will give you an orientation of our property and your guest room key.

Pool and Spa is currently closed for renovation until further notice.

What you should bring

We recommend that you bring layers and comfortable clothing that are suitable for the outdoors. The retreat center has been mindfully set in nature so the grounds and roads here are a mixture of dirt, gravel and pavement. To help improve the quality of your stay, here are some suggested items to bring:

- Slippers (the guest room floors are cold)
- flashlight
- Sunscreen, hat, sunglasses (Arizona sun is very strong during the day)
- Bug spray/repellent
- Outdoor/hiking shoes

In case you don't have these items or you forget to bring them, we sell all these items and much more at our welcome center gift shop.

Things to know about our location

Sedona Mago is located on 173 acres of pristine sacred land in Rural Sedona. We are located near Cottonwood and about 45 minutes away from the main Sedona area. We hope our arriving guests will welcome and enjoy the energy of this pristine land and be able to temporarily disconnect from the outside world in order to experience a sense of peace and calmness. Once you arrive at Sedona Mago, we recommend that our guests remain on the property and enjoy their time on this special sacred land. If you wish to visit and/or be in Sedona, we highly recommend that you extend your stay and find accommodations in West or Uptown Sedona. Sedona Mago is a destination for spiritual work away from the tourism of Uptown Sedona. We have 102 casitas that are spread out throughout the central guest areas. Private rooms are single occupancy and our shared rooms are double occupancy. Should you have any personal needs, please contact the Welcome Center staff.

In an effort to keep our indoor spaces clean, we ask our guests to remove their shoes when entering our training halls and other indoor spaces with the exception of our dining hall. In order to keep the integrity of this sacred land, we do not allow smoking, vaping and/or the use of alcohol, recreational drugs and plant medicine.

What you will eat

We focus on holistic healing from the inside out at Sedona Mago. Our chef prepares pescatarian, vegetarian, and vegan menus. We can accommodate and serve our guests with the major food allergies which are dairy, eggs, gluten/wheat, soy, nuts, fish, shellfish/crustacean. Please communicate your dietary preferences to your groups coordinator and they will pass that information to our chef. When you stay with us, you will receive delicious nutrient rich meals that nourish and strengthen your body. You can enjoy your meals inside our dining hall which also features an outside dining area with heating. Dinner is included on the first day of arrival, all three meals are provided during overnight stays and on the day of checkout breakfast and lunch are included. The dining hall is only open during the below listed meal times:

Breakfast: 07:00 - 08:30 am

Lunch: 11:30 – 01:00 pm

Dinner: 05:30 – 07:00 pm

Guests are recommended to wear masks in the dining hall when they are not eating. Meals are served buffet style, we do request to be mindful in your portions and only taking what you will eat. Upon completion of your meal, please bus your own dishes. We have two bus stations.

How to get to us

Sedona Mago Center for Well-being and Retreat is located 2.5 hours from Phoenix Sky Harbor airport. If this is your first time driving to Sedona Mago, we recommend either getting a shuttle service or arranging your schedule to arrive before dark. The road to Sedona Mago is 11 miles down a dirt road and lighting and vision of road signs when you pass through the National Forest are limited. For first time visitors to Mago we recommend you take a shuttle service.

Recommended Shuttle Services

AZ Shuttle Select provides shuttle service only from Phoenix Sky Harbor Airport directly to Sedona Mago. They also provide scenic tours in the Sedona area which includes popular attractions such as Montezuma Well/Castle, Chapel of the Holy Cross, Airport Mesa Overlook, Tlaquepaque Visitor District, and more. Please call (623) 200-2849 for reservations and for more information.

Groome Transportation provides service from Phoenix Sky Harbor directly to Sedona Mago. You can visit their website (www.groometransportation.com) for more information and/or call them at (928) 350-8466.

Please keep in mind that Sedona Mago programs generally start at 7 pm (AZ/MST) on the first evening and end at noon on the last day. Other transportation services including Lyft and Uber will not bring you to Sedona Mago. We are not responsible for or able to provide shuttle services.

Driving Information

If you plan to drive up from the airport or from your home, please visit our website for directions on how to drive to us.

<https://sedonamagoretreat.org/directions/>

Weather

We recommend you check the weather forecast a few days before you arrive. In the high desert, temperatures can vary up to 30 degrees from the evening to day time. For example, during the day the temperature could be 60 degrees F but then drop to 34 degrees F at night. We recommend wearing multiple layers of clothing/outer wear so that you are able to adjust depending on the temperature. Here in the desert, during the warmer months, when the temperature is higher, the heat is dry with relatively low humidity.

Winter (Dec, Jan, Feb) can range from a high of 66 F to low of 30 F, Snow is possible during winter, rarely happens and usually doesn't stay for long.

Spring (March, Apr, May) can range from a high of 85 F to a low of 45 F

Summer (June, July, Aug) can range from a high of 115 F to a low of 60 F

Fall (Sept, Oct, Nov) can range from a high of 90 F to a low of 50 F

Room Amenities

Our rooms are equipped to provide basic comfort and relaxation. Each room is fully furnished with 2 full-size beds, nightstands, dressers, a small refrigerator, small hanging closet, a private bathroom and includes all your necessities and personal care items to make you feel cozy and right at home. Our Welcome Center also has basic toiletry available for purchase should you forget something at home. Housekeeping is available every other day, should you need any special services or needs please contact the Welcome Center.

Wi-Fi / Cell Phone Reception

At the moment Wi-Fi is only available in the meeting spaces and guest areas including the Welcome Center, dining hall and the lounge. The good news is one of our large projects this year is to extend our Wi-Fi coverage to all the guest rooms. As for Cell Phone Reception, we are in an extremely rural area of Sedona, and cell phone reception at best is decent with 1 to 2 bars and some locations have no cell service at all. We recommend using our Wi-Fi to do Wi-Fi calling.

ATM

Sedona Mago does have an ATM on property, it will accept all major banks and credit cards. Our staff is not allowed to debit cash back. Sedona Mago does accept all major credit cards including Visa, MasterCard, Amex, and Discover. While tipping is optional, our hard working staff of housekeepers and kitchen staff really appreciate any tips they receive. Please plan accordingly and have cash available if you wish to leave tips for our awesome staff.

Emergencies

Sedona Mago is trained and certified in basic first aid and CPR. The closest hospital is Verde Valley Medical Center located 45 minutes from the retreat center. Should you have any dangerous unstable medical conditions or if your physician does not recommend you traveling, we recommend you postpone your retreat to a later date when your physical condition is better.

If you have extreme allergies including shellfish allergies, bee allergies, etc., either have your Epi pen or other medicines available in a medical emergency. Please also notify your program staff of any extreme medical allergies.