

March 2020

Engage & Explore
Sky Rock and
Sedona with
our activities
and events



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9	10	11	12	13	14	15
<p>The Puzzler 3-4pm</p> <p>Eve Meditation 530pm</p>	<p>The Puzzler 3-4pm</p> <p>Eve Meditation 530pm</p>	<p>The Puzzler 3-4pm</p> <p>Wellness Talk: Healing through Nutrition Response Dr Nate 500pm</p> <p>Eve Meditation 530pm</p>	<p>The Puzzler 3-4pm</p> <p>Aura & Rune Stones Readings 5pm</p> <p>Eve Meditation 530pm</p>	<p>Eve Meditation 530pm</p> <p>Acoustic Tempo with Vibhas Kendzia New Age Native American Flute 5pm</p>	<p>The Puzzler 3-4pm</p> <p>Eve Meditation 530pm</p> <p>Acoustic Tempo with Patrick Ki guitar virtuoso 5-8pm</p>	<p>The Puzzler 3-4pm</p> <p>Craft A Cocktail 5-6pm</p> <p>Eve Meditation 530pm</p>
16	17	18	19	20	21	22
<p>The Puzzler 3-4pm</p> <p>Eve Meditation 530pm</p>	<p>The Puzzler 3-4pm</p> <p>Eve Meditation 530pm</p>	<p>The Puzzler 3-4pm</p> <p>Wellness Talk: Healing through Nutrition Response Dr Nate 500pm</p> <p>Eve Meditation 530pm</p>	<p>Eve Meditation 530pm</p> <p>Spring Equinox Ceremony with Walking Crow 6pm @Lobby Firepit</p>	<p>The Puzzler 3-4pm</p> <p>Eve Meditation 530pm</p> <p>Acoustic Tempo with Brian David classical guitar 5-7pm</p>	<p>The Puzzler 3-4pm</p> <p>Eve Meditation 530pm</p> <p>Acoustic Tempo with Patrick Ki guitar virtuoso 5-8pm</p>	<p>The Puzzler 3-4pm</p> <p>Craft A Cocktail 5-6pm</p> <p>Eve Meditation 530pm</p>

Craft A Cocktail:

Join our bartenders to pour, mix and maybe shake that drink to create your very own cocktail. For \$5 you'll walk away with the perfect recipe so you can re-create your Sky Rock cocktail anywhere in the world. Meet @ the bar.

Eve Guided Meditation:

Join Chuck Tyler as he guides us through this Vedic Hindu meditation [that dates back about 6 thousand years] that focuses on generating love for everything and everyone in your life—including yourself. It's a simple process that connects you with your heart and shifts your perspective to love and acceptance.

Meet @ the North end firepit on the West side, level 3

Aura Readings:

Meet one of our favorite Aura Readers to learn what an aura is & what it means to us. After the talk, you'll have an opportunity to purchase your own aura photo & reading. Allow about 30 minutes for a single reading. The readings can be done after the talk or can be booked later at the practitioners' studio.

Meet @ the Social Spot

Rune Readings:

Runes may hold the answer to a question you have of a past, present or future situation. Allow your energy to guide your pick & discover some insight to the situation.

Meet @the Social Spot

Tastings:

Meet us @ the Sky Rock Lounge to learn about & sample locally made beers, wines or kombuchas. Did you know that Arizona winemaking can be traced back to the late 1700's? Stop by and we'll tell you more!

Glass Blowing:

Join us for this unique experience at The Melting Point, which is a glass blowing studio and gallery right across the street from us. You'll have an opportunity to take a tour of the facility & watch a glass blowing demo. Meet @ the lobby for a shuttle or meet us there: 1449 West State Route 89A. If you're here for the weekend, consider scheduling a glass blowing class for yourself at a special Sky Rock price.

Wellness Talks:

Join us for informative discussions about health from local Doctors, Nutritionists & Healers. Topics may include diet, exercise, lifestyle, modern medicines & ancient practices. Meet @ Sky Rock Lounge.

Acoustic Tempo

Meet us @ Sky Rock Lounge or weather permitting, @ the Lounge Terrace to take in the sounds from local musicians who create acoustic tempos from guitars, ukuleles or flutes for a memorable experience.

The Puzzler

Wellness practice comes in many forms. Did you know that puzzling is one of the best ways to keep your mind sharp? Join us daily to see if you can complete a puzzle within an hour. Meet @ the Social Spot

