

Chamber of Commerce November '17 media Round-Up e-newsletter distributed to over 3,000 domestic and international contacts.



Share your fall Sedona experiences using [#SedonaEscape](#)
For more story ideas, view our [Press Kit](#) or visit our [Image Gallery](#).

Featured Events



Tlaquepaque Tree Trail

November 24 - December 2

Get in the holiday spirit while raising funds for Toys for Tots.



Sedona's Tree Lighting & Santa Visit

December 1

At Tlaquepaque North, enjoy a



Sedona Northern Lights

December 14 - 17

The World's Largest 3D holiday light show on a natural canvas

This year Tlaquepaque will host the Tlaquepaque Tree Trail featuring over 20 decorated Christmas trees designed by the shops and galleries. The tree trail winds through their establishments providing a wonderful way to get a taste of all Tlaquepaque has to offer.

[See Details](#)

tree-lighting ceremony, refreshments, local entertainment and Santa visits with children from 5:00 - 8:00 p.m. The event is free and presented by Sedona Chamber of Commerce & Tourism Bureau.

[See Details](#)

comes to Sedona for 4 days only. Don't miss this once-in-a-lifetime chance to see this spectacular light event and celebrate the 60th Anniversary of the Sedona Art Center. Viewing areas throughout all of Uptown Sedona and Gallery Row.

[See Details](#)

Buzz Around The Buttes

Sedona Welcomes Two New Restaurants



Quality Kitchen + Bar

Quality Kitchen and Bar focuses on bringing you the freshest, most local and seasonal cooking possible. Enjoy specialty dishes like handmade gnocchi with salmon from Executive Chef Michael Clancy. They only serve responsibly raised meats, bake all of their bread fresh every day in the restaurant and feature an Arizona-based beer, wine and cocktail menu.

[More details](#)



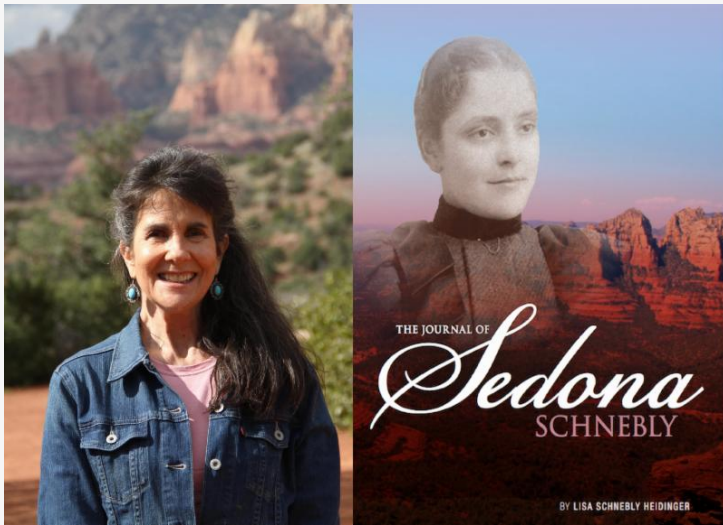
Pump House Station

Pump House Station offers an urban eclectic indoor setting with patios shaded by giant sycamore trees creating a peaceful dining experience. Their menu and daily specials focus on fresh, organic, sustainable foods. Their passion and commitment in supporting American farms and local artisans help them to ensure great flavors, textures and presentations.

[More details](#)

Spotlight on Local Achievement

"The Journal of Sedona Schnebly" by Lisa Schnebly Heidinger



Lisa Schnebly Heidinger

Great-granddaughter of Sedona Schnebly, Lisa Schnebly Heidinger has written nine other books about various aspects of Arizona before this tour de force journal: a culmination of decades conducting interviews and exploring archives. Voted OneBookAZ author for her Arizona Centennial book, she shares Sedona and T.C. Schnebly's deep love of Arizona and of travel. A former television and newspaper reporter, then editorial columnist, who loves drinking at historic hotels, doing anything outside and coffee; she vowed she's never had an undrinkable cup, although the one made in the morning and purchased at 4 p.m. from

Grey Hills Trading Post came closest.

The Journal of Sedona Schnebly

Sedona Arabella Miller Schnebly followed her husband west when their small Missouri town condemned his Presbyterian religion. Arriving in Arizona territory in 1901, they planted orchards and hosted early tourists in what is now named Sedona. This vivid journal of her life introduces you to a pioneer family, from their genteel upbringings through adventures with rattlesnakes, trappers and colorful guests. With 30 photographs from family collections, this volume of Sedona Schnebly's experiences and ruminations draws you into a fiercely private woman's life that is by turns amusing, heartbreaking and always fascinating.

Weekly Health and Wellness Activities in Sedona



Silent Evening Meditation

Monday-Thursdays

Martin Birrittella, author of the Field of Love and founder of the Free Process, invites you to join him in a 45 minute silent, self-



Yoga Stretch

Tuesdays

This class, available to all students at any level, allows one to stretch muscle groups, deep connective tissues and joints, in a



How to Transform Your Life

Thursdays

A meditation and modern Buddhism class with Kadampa Buddhist monk Gen-la Kelsang Jampa. Topics include: true

directed meditation period. Bathe in the silence and reset your nervous system. No instruction is given, though meditation support is offered after the session.

[More Details](#)

safe and friendly environment. Students will have the opportunity to make personal requests that will help create a focus for the class. The class emphasizes on integral breath work, concentration and body positioning.

[More Details](#)

happiness, peace in a troubled world, our human potential, death and rebirth, karma and understanding the mind. Each class begins with a brief breathing meditation which is guided by the teacher.

[More Details](#)

News On The Red Rocks

A New Year, A Healthier and Happier You



Immerse in the spiritual side of Sedona to rejuvenate your body and soul

Start the New Year off right by focusing on your well-being with the various spiritual and wellness amenities Sedona has to offer. Sedona's worldwide reputation as a spiritual and wellness destination has drawn in

some of the most amazing healers, intuitives, artists and spiritual guides. Very few places in the world offer the spiritual and personal enrichment of the body and the soul like this mountain town.

Feel refreshed for the new year at some of the best spots Sedona has to offer.

- Enjoy a therapeutic Sedona massage, energetic balancing and body/mind healing at [Stillpoint...Living in Balance](#). They offer over 35 sessions that focus on healing, growth, wholeness and well-being.
- Experience the perfect blend of spa indulgence and restorative healing therapies at [Crystal in Sedona](#). The private spa focuses on spiritual harmony and organic treatments while luxuriating and revitalizing your energies.
- Restore your balance and health at [Firefly Holistic Healing](#) where they combine advanced training to dissolve negative patterns. They specialize in structural massage, reiki, energetic therapies, raindrop technique, emotional release and whole-body healing.
- Take in the beautiful Oak Creek scenery at [Therapy on the Rocks](#) and experience the practice of myofascial release that will return you to a pain-free, active lifestyle. The treatment decks and rooms overlook a fifty-foot waterfall creating a tranquil oasis of powerful healing energy.
- **Ease your body and mind at [Body Bliss Factory Direct](#), an aroma healing center that specializes in personalized foot treatments and therapeutic aromatherapy massage. They offer locally handcrafted aromatherapy products, readings and handmade jewelry.**
- [Sedona Metaphysical Spiritual Association](#) is a great resource for learning about the spiritual and metaphysical side of Sedona. Visitors can find a healing practice just for them while planning their trip to the red rocks.

Sedona is the perfect place to soak up the gorgeous scenery while enjoying everything from massage treatments, yoga, spas, hypnotherapy and retreats. The landscape lends itself to a spiritual destination where many travel thousands of miles to escape and discover themselves.

For additional information and to explore more spiritual and wellness services, visit www.visitsedona.com/spiritual-wellness.

Featured Site From Sedona's Secret 7

Feel Refreshed at Thunder Mountain Trailhead



Let Your Spirit Soar

Park at the trailhead to take a short hike to the base of the mountain and discover a secluded plateau ideal for quiet yoga or meditation. For more information on spiritual sites and to explore all of Sedona's Secret 7, visit sedonasecret7.com.



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