

The Sedona Guide to Spiritual Retreats

Discover the Peace, Spiritual Connection and Purpose You've Been Seeking



Sedona Soul Adventures

"I never thought that 3 days could change my life so dramatically. Debra and the rest of the beautiful people I met in Sedona did not feed me gimmicks or advice, they merely helped me to find the answers within myself. I would not trade my experience for all the money in the world."

~ Jennifer Danziger
Rockaway, NJ

Are You Ready to Do Life Differently?

At some point, most people reach a place where **life, as they know it, just isn't enough.**

Some people arrive at this place **after a major loss**, such as the death of a loved one ... or a divorce or significant break-up.

Others recognize that by society's standards, they are successful. Yet, they **feel lost, dissatisfied, completely unfulfilled** ... and wondering "Isn't there more to life than this?" They hunger to find their life's purpose – and to rediscover their zest for living.

Others finally get fed up with **feeling undeserving of success.** They recognize that they're too hard on themselves and know they need to find a new way to "do" life.

Still **others feel desperately out of balance.** They're constantly giving and doing for others – while pushing aside their own needs and desires. They feel disconnected from themselves, other people, and the universe in general. They know that they can't keep going down the path that they're on ... and that they need to reconnect on the physical, mental, emotional and spiritual levels.

Sound familiar?



It's Time to Heed Your Soul's Call

If **one or more of these scenarios resonates with you**, it's simply a sign that your **soul is calling for more.**

*Like greater **peace and hope.***

***Deeper and more fulfilling connections** with your beloved, your parents, your children, your siblings, your friends and other important people in your life.*

Clarity about your **life's purpose** and where you're going next.

The **joyous freedom** of letting go of your limiting beliefs, fears, doubts, worries ... and instead choosing to live in the moment, heeding your inner wisdom.

The **courage and confidence** to navigate through major life transitions, like the loss of someone dear to you, divorce, a major illness, job loss, your children leaving home ... or changing your career.

Ignoring these messages doesn't work. You end up more frustrated, more burned out, more dissatisfied. As your unhappiness grows, it eventually spills out to affect all aspects of your life ... from your relationships to your health and even your financial and professional success.

It's time for a change – and a new approach to finding your answers.

"I went on my Soul Adventure searching for purpose and meaning in my life. Not only do I feel like I finally have a direction I'm excited about, but I feel fortunate to have met so many wonderful people who made me feel like I'm not alone in my way of thinking. Thank you!!!"

- Valerie Parrish, Mt. Laurel, NJ

Your instincts are right. A spiritual retreat *is* the solution.

Vacations relax. They distract. But they don't give you the **space or silence to hear the whispers of your inner wisdom**. Nor do they encourage and cultivate the vital connection with Source that every human instinctively craves.

A spiritual retreat creates a cocoon. In this **safe, still and quiet place**, you'll get in touch with what is most important to you ... and celebrate as your path is revealed.

There's no better place for doing this important inner work than Sedona.



"I was experiencing a profound lack of conviction and passion in my life before going to Sedona. Now, after my Sedona Soul Adventure, I have clarity for the first time in my life about what I was put on this planet to accomplish. Many emotional burdens – I was not aware of – have also been lifted. I can't remember the last time I've felt this energetic and passionate."

- Donald Smith, Waco, TX

Align Yourself with Source ... and Amplify the Results of Your Spiritual Work

Sedona is a spiritual Mecca for conscious, heart-centered people seeking to deepen their connection with Spirit and their inner wisdom.

The veil between our physical world and the spiritual realm is thin in Sedona, as it is in other power spots around the world. The transformative energy is powerful, bringing your emotional and spiritual bodies into alignment with the heartbeat of the planet.

The effects **aren't readily apparent to the senses**. Instead, they play upon the more subtle perceptions of **heart and soul**.

Sedona is a transformation chamber, pulling up and spinning out whatever thoughts and feelings have been stagnating in you. The vibratory rate of everything that enters her great vortex is quickened ... unleashing psychic awareness, emotional release and spiritual unfolding.

Practices like energy work, massage, breath journeys, yoga, karmic clearing, ceremonies on the land, body work and massage benefit your physical and energetic bodies. **When you do them in Sedona, though, your results are amplified.**

Why a Group Retreat Is NOT the Answer

A traditional solution for people seeking a spiritual retreat is a group program. Sadly, **participants often leave without getting their deepest needs fulfilled.**

In a group retreat, you're forced to follow the same schedule that is set for everyone. The activities and exercises may or may not be what you need to heal, grow, and shift. And the amount of personal attention you receive is limited – sometimes even nonexistent.

If you're going to invest your time, money and energy in a retreat, doesn't it make sense to **make sure you get as much as possible from the experience?**

That's why a personalized spiritual retreat makes sense.

"I would recommend Sedona Soul Adventures to people who are really 'Soul searching' & who are interested in looking deep within themselves. It's like putting 10 years of therapy into four days. The experience can be amazing if you're ready to take the journey deep within yourself."

- Pamela Kramer, Fort Lee, NJ

Every Session Focused 100% on YOU

A Sedona Soul Adventure is a personalized retreat that's all about you, your specific needs, and getting your life on track.

Throughout your 3- to 5-day retreat, you'll meet **one-on-one in private sessions with Sedona's master healers and practitioners.**

Sedona is home to hundreds of master healers and practitioners drawn to the area's powerful transformational energy. From nurturing massage and energy work, to breathwork and sacred ceremonies, Sedona offers hundreds of different types of services to facilitate your spiritual awakening, emotional healing and physical pampering.

But how can you possibly know which types of services to choose – much less which practitioner to turn to?



Our Angel Guides Will Plan Your Entire Retreat

An Angel Guide is a highly intuitive and knowledgeable member of our staff who has experienced the work of our practitioners.

In a private heart-to-heart conversation, your Angel Guide will explore where you are in your life ... and what you dream of for your future.

Based on this powerful conversation, this wise and compassionate counselor carefully selects a series of retreat experiences. Each session builds on the others – and every single one is chosen for its ability to meet your deepest soul needs.

You'll return home lighter. Freer. Clear about where you're headed. And **bursting with love** for yourself, your life, and the world.

"I highly recommend Sedona Soul Adventures. It was really an extraordinary experience. The network of practitioners are highly experienced and are deeply committed to nurturing your spiritual development. The staff are quite adept at creating an adventure that perfectly aligns with what your heart needs and desires at this point in your life. Due to a unique life situation, I was only able to request an adventure within 24 hours. I was amazed at how quickly the team mobilized. Not only did I experience deep healing but gained profound insights at the soul level that will forever change my life experience. I'm so thrilled that I made this investment in myself. I was sad to leave Sedona but I have treasures that will last a lifetime."

- Bill Huffaker, Bothell, WA

Is a Sedona Soul Adventures Retreat Right for You?

Sedona Soul Adventures has enabled people from all walks of life break through to a **new level of freedom, happiness and fulfillment**.

Some people use Sedona Soul Adventures to **gracefully navigate major life changes**, such as healing from a divorce or painful breakup, grieving the loss of their beloved or other loved one, figuring out their next step after a job loss, or rediscovering themselves after their children leave home.

When you're desperately out of balance, a Soul Adventure provides the healing and space to **realign on the physical, mental, emotional and spiritual levels**.

Other people find the **supportive and nurturing experience** of a Sedona Soul Adventure the **perfect incubator in which to get clear on their soul's purpose and rediscover their true divine nature**. Use this sacred time to heal old emotional wounds, release limiting beliefs that are keeping you stuck in situations that no longer serve you, and chart a path to greater fulfillment, service and success.

Still others recognize Sedona Soul Adventures as a "spa" for the heart, mind and soul. Away from the hectic pace and demands of your normal life – and supported by Sedona's best

inner guides and transformational practitioners – you'll reconnect with Spirit and your higher self. The result? Long-lasting changes that are more than skin deep.

Regardless of what's sparked your interest in a Sedona Soul Adventure, you'll come away with new perspectives, new inspiration, and a renewed passion for life.



"My Soul Adventure was the absolute high point of my life since the death of my husband last year. My guides and angels here on earth and from the beyond helped me to bring peace and joy into my life. My Soul Adventure validated all the signs, visions and spiritual experiences I encountered since my husband's death. I was able to leave my comfort zones and approach my adventure with an open mind and heart. I received the love and light with open arms. I experienced a rebirth that will enable me to meet my new life without hesitation and reservations."

- Gail Pedescleaux-Muckle, Edison, NJ

Schedule Your Angel Guide Session Today

To explore whether a Sedona Soul Adventure is right for you, schedule a complimentary, no obligation, Angel Guide Session. Just call 1-877-204-3664 or [click here](#) and one of our Angel Guides will call you.

If you live outside of the USA, call 001 928-204-5988 or [click here](#) and we'll call you.

During this private conversation, your Angel Guide will tune into your energy and consult with you to determine which sessions, in which sequence, will best meet your particular needs.

"Before Sedona, I was filled with doubt about my home, marriage, family, and work. I needed perspective and wanted to know, finally, who I am and why I am here. I returned home with increased inner strength, a profound love for my family, a deep understanding of my purpose and power, and a willingness let go and allow the future to flow through me. As I released resistance to the aspects of myself that I have been denying, even my physical body is changed. It is lighter, more agile. Thank you again from the core of my being. You will definitely see me again within the year. Blessings to you all—love, peace, and prosperity"

Donna Raines, Shelton, WA

Heed Your Intuition – Connect with us Today

If you're like many of our clients, you give to others all of the time. But when was the last time you gave to yourself?

The more you're filled up, the more you have to give to others, which is ultimate fulfillment.

A life without heart and soul is unfulfilling, a struggle, and a waste of time. Your soul craves connection with the deep and nurturing energy of Spirit.

You deserve to **become all that you were born to be** – and do all that you were meant to do.

Are you ready to feel connected to Spirit, to your inner wisdom and to every being on the planet?

Are you ready to experience peace, hope, and clarity as your natural state of being?

Are you ready to let go of everything that's been keeping you stuck, so you can experience the relief and lightness that comes from empowering yourself to live with purpose?

In short ... **are you ready to start living the joyful, meaningful, love-filled life you've always imagined?** Give yourself the gift of a Sedona Soul Adventure - ***if you knew what could happen, you'd be calling right now!***

Schedule your Angel Guide Session today by calling 1-877-204-3664 toll-free (U.S. and Canada) or [click here](#) and we'll call you.

If you live outside of the USA or Canada, call 001 928-204-5988 or [click here](#) and we'll call you.

"I can't imagine anything I could have done for myself at this point in my life that would have been more beneficial than my Soul Adventure. I had major changes in most areas of my life in the last year and I knew they were happening to get me going in a new direction. This experience helped me better understand what that is and helped to give me the insights and courage I'll need."

- Terri Pitcher, Clive IA

A Message from Our Founder

Dear Friend,

Most of the challenges and difficulties we experience don't come from the external circumstances of our life, as many people mistakenly believe. Challenges stem from our own misunderstanding of our true nature ... and why we're here. We've forgotten or lost sight of the spiritual connection that gives our lives meaning, purpose and clear direction.

This spiritual connection is common to us all. Yet we each experience it differently.



I realized this vital truth in 1999. At that time, I was a divorce attorney beginning my 20th year of practice in Omaha, Nebraska. Although I had been on my spiritual path since the death of my mother in 1978, I was completely stressed out and burned out. I came to Sedona for what I thought would be 3 days of simple rest and quiet. Instead, during a life-changing private session with one of Sedona's master healers – just like what you'll experience when you book your own Soul Adventure - I received the message that it was time for me to change my life. I spent 6 months closing my practice. Over the next 3 years, I visited Sedona for weeks at a time, doing transformational sessions with the area's healers.

Acting on guidance I received in a session, I moved to Sedona in the fall of 2001. Six months after arriving, I had the flash of insight that the most powerful transformational experiences I had had occurred in private sessions – not in group retreats. I realized that the years of work and private sessions I had experienced for my own personal healing were laying the groundwork for the creation of Sedona Soul Adventures.

Sedona Soul Adventures was founded in 2002 to help bring people back into connection with God-Source-Spirit-Oneness and ultimately with themselves, so they can connect with and bring forth the person they came to the planet to be.

Through the combination of the incredible transformational energies of Sedona, the incredible expertise of the amazing practitioners who are drawn to come here to do their work and the Proven Process we have developed to customize your retreat for your needs and desires, Sedona Soul Adventures helps you rediscover and re-experience your spiritual connection and essential spiritual nature. In the process, you'll gain clarity about your soul's purpose, recapture a sense of direction, and experience a renewed confidence in your ability to consciously create the life of your dreams.

It's a privilege to serve you.

With love,

Debra Stangl

"My tailor-made soul adventure was magically adapted to my needs at this time. I met and worked with wonderfully skilled and gifted human beings who helped me to grow and ground myself into who I have become and to look forward with excitement and anticipation to who I am becoming. My life feels like an amazing journey of growth and discovery. Thank you!"

- Alison Davis, Marlow, England

Give yourself the gift - Schedule your Angel Guide Session today by calling 1-877-204-3664 toll-free (U.S. and Canada) or [click here](#) and we'll call you.

If you live outside of the USA or Canada, call 001 928-204-5988 or [click here](#) and we'll call you.

If you knew what could happen, you'd be calling right now!

