

Wonder or Wander Southwest Retreat Itinerary



**A Meaningful Travel Adventure
in the Mystical Southwest**

Led by Christi Corradi, Mastering the Art of Life

Itinerary for Wonder and Wander Southwest

STRATA (ABILITY LEVELS)



3. Experienced: Up to 2 hours with challenging terrain & steeper inclines

2. Moderate: Up to 1 hour Hike with slight inclines

1. Easy: Walk up to ½ hour, no major inclines, chairs provided for activities

Wednesday - October 11th



Guests traveling to Las Vegas* arrive by 10 am. The group will board a van and head towards Kanab stopping off at the majestic Valley of the Fire State Park. We will enjoy a delicious picnic lunch among the red rocks.



We will arrive in Kanab in the afternoon. Guests can settle into their lodgings and have time for a rest, before enjoying a special Welcome Reception.

Thursday - October 12th



Breakfast. The choices for the day are endless today. People can settle in and explore historical Kanab, checking out art galleries, small gift shops, or learning about the movie industry background of the area. Our Staff will do our best to help you coordinate what it is you would love to do today.

Wonder



For those who choose Wonder, it is also a day to paint. All skill levels are welcome. We will explore the many areas for perfect scenery for painting, whether it is the surrounding majestic red rock cliffs or the plethora of flowers dotting the surrounding hills.



For those of you ready to get going from the get go, an optional trip to the North Rim of the Grand Canyon is available. Less crowded than the Southern Rim, the Northern Rim takes you to an 8,000 ft overlook into the Arizona plateau. After a drive through the Kaibab National Forest, explore what makes the only desert tundra in Arizona truly Grand. Lunch and soft drinks will be provided. After your expedition, regroup for dinner together.

Wander



Take one of the many amazing local hikes through the red rocks surrounding Kanab. Kanab is surrounded by a variety of western geologic scenery ranging from coral pink cliffs and sand dunes, volcanic craters and lava flows to deep canyons, majestic mountains and plains.



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Friday - October 13



Highlight of this region is the Peek a Boo Slot Canyon. We will travel with a professional touring company in 4-wheel drive vehicles for a short drive through deep sand and arrive at the entrance of the Canyon. Those who choose can take the leisurely 45 minute walk through the canyon.

Wonder



For those who want to have a creative experience, chairs and painting supplies will be set up in the shade. Christi will demonstrate her simple method of painting in this environment, surrounded by desert flora, rocks and color. Wanderers can also write, meditate, or just chill out. Water and



light snacks are available.

Wander



After exploring the canyon, the wanderers will don their hats and sunscreen and you will be guided to paths unknown to the general population to hike through the wonders of the surrounding pristine desert wilderness.



We will gather at our lodging to join in circle before dinner to check in together. An early Dinner will be a group barbeque served by our staff at the condos.

Saturday - October 14



Take a leisurely morning before we depart. We will be gone the whole day into the night, so come prepared!

Stop 1- While Zion is most famously known for the Mount Carmel Overlook, Virgin River, and the Narrows, we will experience Kolob Canyon, a remote section of the park backdropped by crimson-colored cliffs and a panorama of canyon country.

Wonder



We will be joined by a local artist, Joshua Byrd, and will find a beautiful spot to lead us in painting. Again, supplies and chairs are provided, If you are not painting, you can write or journal. Or just enjoy the surrounding scenery. We will try for shade but



please bring hats and sunscreen.

Wander



Wanderers can hike through the Navajo sandstone formations and find solace in the solitude.



We will provide a picnic lunch with beverages at Kolob. Later that day, we travel to Ponderosa Resort, with possibly some other stops along the way. At Ponderosa you can purchase a light dinner of your choice, followed by star gazing, led by the Ponderosa guide who will tell stories, myths and facts about the stars.

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Sunday - October 15



Our group gathers for a delicious brunch provided by our staff.



The remainder of the day is time for Shopping, a Massage (can be arranged through our staff), Painting, Hiking, or just relaxing. Our staff will do our best to help you with whatever assistance you need.

A special treat will be our own personal reception at Raven Art Gallery. Enjoy your gift artisan crafted goblet filled with specially made sangria and a big spread of food while mingling with local artists. What a sparkly night!

Monday – October 16

Option 1 ~ Enjoy the ambience of Kanab. Customize your best day given where you are. We will do our best to make it happen.



Option 2 ~ Today you can choose to venture north on an optional expedition to beautiful Bryce Canyon. Full of otherworldly panoramic vistas, colorful hoodoos, and pastel cliffs, you will begin to question if you are still on planet earth. While completely natural, you will see walls, windows, and arches carved into the rock. Rancher Ebenezer Bryce once said, “it’s a helluva place to lose a cow.”

Tuesday - October 17




Variations of this Day: This is a special day. We will spend the day at the world-famous animal sanctuary, **Best Friends**. This is the largest sanctuary of its kind in the U.S. and has become the heart of a collaborative no-kill movement, and a model for the future of animal welfare. You may choose to volunteer in an area of your desire, at your physical level, ie. helping clean the animal enclosures or walking animals in strollers. For each person volunteering, we will donate 100 dollars to the center. For the rest of us, there are many beautiful places to paint, draw and wander. As a group, we will be having lunch there and on our way home some sight-seeing of historic interest may be visited.

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Wed - October 18

We are off to Zion today, this time to the main area of the park. From the village at Zion, you can take short hikes, visit and wade in the narrows, ride the tour shuttle bus around the park, or enjoy the shops and restaurants in the village. At the junction of the Colorado Plateau and Mojave Desert, experience the Virgin River, designated as Utah's first wild and scenic river in 2009.


Wonder




Level Here there are many wonderful places to set up and paint. The awesomeness of Zion is evident as we enter through the main entrance into the valley below. Red rock cliffs and forest combine to make some amazing scenes for painting or drawing.



Wander



For those wanderers, we can walk along the towering majestic cliffs made of red Navajo sandstone, wander through the robust range of over 900 different plants, or stick your toes in the cool waters that holds mystery in the Narrows. Zion is a place, and a state of being.



Our dinner will be at the quirky fun theme-based restaurant, The Thunderbird Restaurant, just outside the park. They have homestyle cooking with homemade pies and a typical tourist style gift shop for those who want another T-shirt or a few more souvenirs of your trip.

Thursday - October 19



What an amazing trip, but wait! It's not over.

We hit the road to St. George for breakfast and a relaxing stroll through the Botanical Gardens, a quiet sanctuary with a running stream located above the city, highlighting native Utah plants.



Then on to the city of lights where we will enjoy a Dinner and a Show before our overnight stay.

Friday October 20th.



It's off to the airport. **Please book your flight to leave anytime before 2 pm.**

Our group will gather on zoom a few weeks later to share pictures and experiences.

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About Your Tour Leader, Christi Corradi



Working in the arena of Personal Empowerment for three decades, **Christi Corradi's** experience has culminated in her career as a Transformational Life Coach (LMC) and Art Therapist (ATR). Christi is a Life Mastery Consultant, certified through the Life Mastery Institute, and has worked over the last 6 years directly with Mary Morrissey. Her specialty is combining the elements of ART and LIFE to guide people to create a life they LOVE.

Through empowerment workshops, programs and tools, she helps participants to think outside the box and get un-stuck so they can create their life as a MASTERPIECE.



Christi is author of ***Beyond the Box; Creative Thinking Expanded*** and ***The Creative Way in Five Minutes a Day***, a vision-driven program to awaken creative thinking with a daily practice. She uses proven strategies that help stop self-doubt and fear, and develop personal faith, self-love, and confidence that will carry us toward bigger dreams and a more expansive business or personal life.



Christi has produced programs that included such notable speakers as Dr. Michael Beckwith (featured in *The Secret*) and Rickie Byars Beckwith, Rev. Edward Viljoen, international speaker and author of *The Power of Meditation*, as well as Dan Millman, author of *Way of the Peaceful Warrior*.

Christi has shared the stage with Mary Morrissey at her DreamBuilder Live event, and has spoken at business forums and spiritual centers throughout the United States and Canada.