



Soothing the body, the mind and the soul in Sedona

-BARBARA RAMSAY ORR, CP

SEDONA, Ariz. (CP) - This town should come with a warning: "Beware _ people who visit here may be changed forever."

One couple from California, whom I met on a recent visit here, were inspired to make a life-altering decision. They gave up their jobs in L.A. for positions in this Arizona town, sold their home and moved here. The area, they claimed, had made them feel more at peace with themselves and the world than they had felt for years.

Sedona is a 2-hour drive from Phoenix - and a world away from the everyday.

It's considered by many to be a powerful centre of universal energy. The region's towering rock formations shaped from iron-rich red soil are beautiful and vaguely otherworldly. Some people believe that these red rocks are the location of energy vortexes which have the power to transform those who are open to their influence. What I believe is that Sedona has some of the most seductively beautiful vistas I've ever seen. And it seems to me that time spent hiking the red hills in clear, clean dry air, under a huge sky, has got to be conducive to inner peace.

The town offers many upscale places to stay. The **Sedona Rouge** Hotel and Spa is a new facility with a good restaurant, Reds, that serves contemporary American cuisine.

If you go . . .

Getting there: Airlines that fly to Phoenix from Canadian cities include Air Canada, WestJet and America West Airlines/U.S. Airways. Sedona is an easy 2{-hour drive from there. Pick up a rental car at the airport.

Contact info:

- **Sedona Rouge** Hotel and Spa, 866-312-4111, www.sedonarouge.com.