



## Guidelines For Your Stay at Sedona Mago Retreat

1. **Welcome Center Hours:** Monday - Sunday: 8:00 am - 7:30 pm
2. **In Case of an Emergency** you can contact the numbers below:
  - From 8:00 am - 7:30 pm Monday - Sunday call the Welcome Center at **928-204-3391**
  - From 7:30 pm - 8:00 am Monday - Sunday call the Night Manager at **928-274-0439**
  - There is a free public phone available in the Welcome Center lobby for local calls.
3. **24 Hour Mago Tao Lounge**, located next to the Welcome Center, is open 24 hours to gather and relax. Amenities include: computers with internet access, Wi-Fi, a printer, bathrooms, water, and tea.
4. **Parking:** near the Welcome Center and training rooms is limited to loading and unloading only. During your stay, parking is only permitted in the main parking lot near the entrance gate.
5. **Dining:** Meals are served in the Dining Hall, located near the main parking lot. It is only open during meal times.  
**Please do not take dishes or silverware from the dining hall.**
  - Breakfast: 6:45 am - 8:00 am
  - Lunch: 11:30 am - 1:00 pm
  - Dinner: 5:30 pm - 7:00 pm

*\*If you registered with special dietary needs, please check with the kitchen at each meal time.*
6. **Quiet Hours from 10 pm - 6 am:** Please refrain from loud voices, noises or outdoor group activities after 10 pm and keep conversations and phone calls to a minimum. The guest rooms have lighter structures so loud sounds of any kind can easily affect your neighbors.
7. **Respect for Other Guests:** Please be aware that there are other guests and groups onsite. We ask that you not enter any training rooms that are not assigned to your group.

8. **Tao Structures:** There are various statues and pagodas based on Tao traditions placed mindfully and sincerely all throughout the grounds. **Please show your respect for the structures and meditation sites by refraining from loud noises; don't put anything on the structures or climb, sit or stand on them.**
9. **Guided Early Morning Meditation** is available Mon - Sat from 6:20 am - 7 am in the Sedona Room at the back of Mago Tao Lounge.
10. **Pool and Jacuzzi Hours:** 10 am - 10 pm. Towels are available at the pool.
11. **Help Us Conserve Energy!** Please recycle, turn off lights and air conditioner/heater when leaving your room.
12. **Housekeeping:** If a 'Do Not Disturb' sign is left on your door, housekeeping staff will not enter and you will not receive service.
13. **Towels:** Please help us in our ongoing efforts to conserve energy and water by reusing your towels. **Should you require fresh towels, please put your used towels on the floor and we will replace them.**
14. **Lighting Candles/Incense:** Lighting candles and burning incense is a fire hazard and is prohibited in all guest rooms & throughout the property.
15. **Coin Laundry** is located next to the Welcome Center and is open 24 hours. Bills can be exchanged for quarters at the Welcome Center during business hours.
16. **Ice machine** is located in the laundry room and a vending machine for drinks is located near the entrance of Mago Tao Lounge.
17. **Lost and Found:** Items are held at the Welcome Center for one month. Unclaimed items will be donated to a local charity.
18. **Flashlights:** Our property is dimly lit at night, allowing guests to fully enjoy and appreciate the starry night sky. For your own safety please use a flashlight while walking the grounds at night.
19. **Hiking:** Sedona Mago Retreat is located in the middle of the National Forest. Hiking is not permitted outside the fenced areas of the retreat grounds. Please be mindful of wildlife and your surroundings.
20. **Check-Out Time:** Check-out is at 12:00 pm. If you are staying for lunch, you may store your luggage in the lounge area while you remain onsite. If you are participating in a program, we ask that you have your belongings out of your room before the start of your final session.
21. **When Driving out of the Retreat Center,** exit to your right onto Bill Gray Road. **Please do not turn left** as this road is on private property.

**Thank you for visiting! We look forward to  
welcoming you back soon!**