

Saha Yoga Sedona Brings Transformational Yoga and Oneness Retreats to the Heart of Sedona, Arizona

Discover Sedona's newest sanctuary for yoga, meditation, and Oneness retreats led by Christopher and Brittney Nimtz.

SEDONA, AZ, UNITED STATES, October 14, 2025 /EINPresswire.com/ -- A new chapter in Sedona Yoga begins with the opening of [Saha Yoga Sedona](#), a sanctuary for spiritual renewal and conscious living. Founded by Christopher and Brittney Nimtz, Saha Yoga Sedona introduces a unique blend of ancient [Oneness teachings](#), mindful yoga, and Sedona's natural healing energy — offering visitors a deeply personal path to awakening.

At the center of their offerings is the Saha Yoga Sedona Retreat, a five-day immersive [Sedona Yoga Retreat](#) hosted at the Lantern Light Inn, where guests experience yoga, meditation, guided hikes, and reflective practices rooted in the teachings of Ekam Oneness from India.

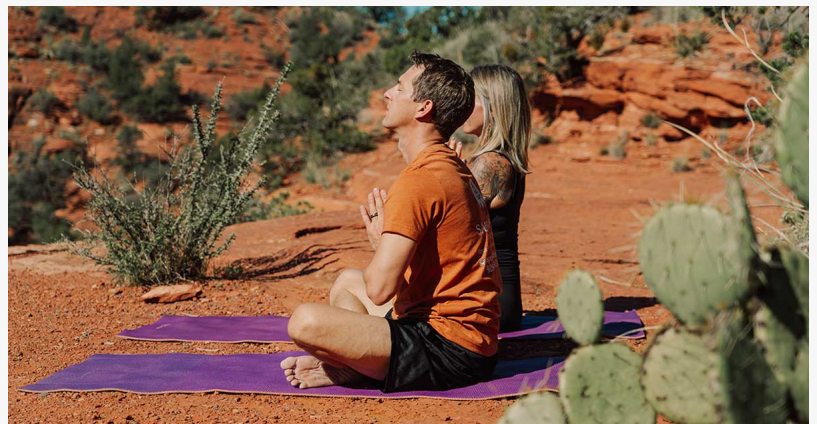
A New Sedona Retreat Experience

The Saha Yoga 5-Day Retreat invites participants into a rhythm of presence and peace through sunrise meditations, restorative evening sessions, and sacred hikes across Sedona's iconic red rocks.

Each day is curated to awaken the body, still the mind, and open the heart — blending Sedona



Saha Yoga Sedona Daily Session



A couple takes part in a daily yoga session with Saha Yoga Sedona.

Yoga, conscious breathwork, chanting, and nature immersion. Guests enjoy nourishing vegetarian meals, intimate group workshops, and personalized guidance from the founders themselves.

“Saha Yoga isn’t about escaping the world,” shares co-founder Christopher Nimtz. “It’s about learning to see the divine within it — to live with awareness, gratitude, and connection.”



Christopher & Brittney Nimtz - Owners Of Saha Yoga Sedona

Rooted in India, Risen in Sedona

Both Sedona natives, Brittney and Christopher’s journey to create Saha Yoga began after years of spiritual seeking and study at Ekam Oneness University in India. There, they discovered the power of merging devotion, meditation, and self-awareness into daily life.

“

Rooted in India, Risen in Sedona”

Christopher Nimtz

Returning to Sedona, they envisioned a retreat where spiritual growth and grounded living could coexist — creating an experience that welcomes people from all

walks of life.

“We wanted to bring the spirit of India home to Sedona,” says Brittney Nimtz. “This Sedona Retreat is a space where people can rediscover peace through movement, stillness, and connection to something greater.”

Daily Yoga Sessions for Locals and Travelers

In addition to their full 5-day program, Saha Yoga Sedona also offers half-day Sedona Yoga Sessions for locals and visitors seeking shorter experiences. These sunrise and sunset sessions combine yoga, meditation, and guided hiking — providing a refreshing opportunity to ground and connect with Sedona’s vibrant energy.

Retreat & Session Details

Location: Lantern Light Inn, Sedona, Arizona

Length: 5 Days / 4 Nights

Pricing: \$4,000 individual | \$7,500 couple

Includes: Yoga, meditation, hikes, 2 daily meals, shuttle service, and all retreat materials
Half-Day Yoga Sessions: Sunrise or sunset departures, offered year-round

About Saha Yoga Sedona

Founded by Sedona natives Christopher and Brittney Nimtz, Saha Yoga Sedona offers transformational Sedona Yoga Retreats and daily practices that bridge Eastern philosophy with Sedona's sacred landscape. Through yoga, meditation, and Oneness teachings, Saha Yoga invites seekers into a life of presence, purpose, and peace.

Tagline: Rooted in India, Risen in Sedona.

Christopher Nimtz

Saha Yoga Sedona

+1 928 499 5241

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