

A woman with long dark hair is swimming in a river, surrounded by large, smooth boulders. In the background, there are more rocks and a forested hillside. Another person is visible in the water further back. The scene is bright and sunny.

SWIM IN HER WATERS

NURTURE MIND, BODY, &
SPIRIT IN THE LOST SIERRA

**ROOT INTO THE EARTH
OPEN TO YOUR INNER KNOWING
REMEMBER YOUR INTRINSIC WISDOM**

Refuel your energy with time spent soaking up the gentle mountain air in the sacred valley of the Lost Sierra. We will connect with ourselves and one other, experience the abundance of nature, and swim in lakes and rivers warmed by the summer sun. Join Sharon Stafanson and guest teachers at the Three Sisters for visits to magical local swimming holes, gentle yoga, meditation, and hiking with time to relax and enjoy the local area.

CONTACT SHARON FOR MORE INFORMATION AND TO REGISTER
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