

RELAX IN HER DEPTHS

NURTURE MIND, BODY, &
SPIRIT IN THE LOST SIERRA

SUMMER 2019

**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 radiate out gratitude as we embrace the light of summer solstice. Join Sharon Stafanson and guest teachers at the Three Sisters for yoga, meditation, and hiking with time to relax and enjoy the local area.

CONTACT SHARON FOR MORE INFORMATION AND TO REGISTER
www.sharonstafanson.com // sstafanson@gmail.com

RELAX IN HER DEPTHS

SUMMER 2019

Prices are per person and include:

Shared accommodations with comfy linens and towels

Breakfast, lunch and dinner prepared by our holistic chef

Seasonal evening beverage

Gentle flow yoga Friday afternoon and heart-opening flow yoga Sunday morning

Guided hike to five lakes

Plenty of free time on the majestic grounds for hiking, journaling, meditation, and self-reflection or exploring the galleries and shops in town or the nearby hot springs.

Sample Schedule

Friday

2:00-3:00 arrival and check-in

3:00 settle in and explore the property and woods

4:00 welcome and relaxing slow yoga

6:00 beverage in the garden

6:30 dinner

8:00 evening circle and evening meditation

Saturday

8:00 guided meditation

8:30 breakfast

9:30 hike

12:30 lunch

1:00-5:00 free time to enjoy quiet, explore the local area or hot springs

6:00 cocktail hour

7:00 dinner

8:00 evening gathering by the fire

Sunday

8:00 guided meditation and closing circle

9:00 breakfast

10:30 - 12:00 mindful flow yoga

12:00 departure

Needing additional nurturing and support? Individual exploration sessions with Sharon and/or on-site massages available by advance arrangement for an additional cost.

Traveling alone? We will welcome you and will help you feel at home.

Please email Sharon for pricing and to reserve: sstafanson@gmail.com

[//](http://WWW.SHARONSTAFANSON.COM)

SSTAFANSON@GMAIL.COM
