

# Restorative Retreat

## SUMMER LAKE HOT SPRINGS

June 7 - 9, 2024



Join yoga and mindfulness teachers, Trisha Russell and Shana Sellers, for a restorative weekend at Summer Lake Hot Springs. Healing mineral pools, gentle yoga, mindfulness practices, intention setting and community. Immersed in the rustic nature of Summer Lake, reset, restore, & come home to Self.

\*\*Early bird cabin discount before March 31, 2024!

### Property Features

- Rustic Cabins
- Hot Springs
- Cold Plunge
- Hiking & Scenic Walks
- Walking Labyrinth
- Camping

### Contact Us

[yogawithtrishar@gmail.com](mailto:yogawithtrishar@gmail.com)

[shana@shanasellers.com](mailto:shana@shanasellers.com)

