

Immerse Yourself in the
Vibrant Energy of Summer.

Refresh

mini-retreat

Garden Valley, ID
June 16 + 17, 2023

Treat Yourself to an overnight retreat including:
organic seasonal meals, handcrafted herbal elixers, grounding
practice, yoga and hot springs soak.

HOSTED BY:

Tamra Geryk, FNP-C Integrative Nurse Practitioner
+
Sharon Hammer, Licensed Professional Counselor,
500 hr Certified Yoga Instructor

Scan QR Code
for more
information:

