

Redwoods Backwoods Bike Tour & Elementals Escape



Overview

Join Haven Acupuncture & Wellness for a small group excursion to Sedona Arizona to immerse yourself in the tranquility of majestic-and off-the-beaten-path trails throughout California's Redwood forests. Soak in the spring energy as we shake off winter along the backwoods.

DATES

June 20- 25th, 2018

HIGHLIGHTS

- Pedal and hike among the planet's largest remaining stands of towering redwoods.
- Sunrise qigong
- Nature hike and guided lecture on traditional herbal medicine, uses, and seasonality
- Spring elementals (5 element theory)
- Kayaking

- Enjoy camaraderie in the open air while savoring fresh local seafood prepared by our camp guides

Reconnect to yourself and nature!

Haven Acupuncture & Wellness

Contact for more information today!

www.havenacupuncture.org

For pricing, accommodation options, dietary requirements and other information please

contact: valerie.overby@havenacupuncture.org