



Soothe Your Body  
Indulge Your Soul

## STEWART MINERAL SPRINGS *retreat*

### Book Your Retreat Now

#### We offer:

- An idyllic Forest Setting next to a babbling creek near the Pacific Crest Trail
- Varied Overnight Accommodations Including cabins and large A-frame house on creek
- Conference Room, Kitchen & Dining Facilities
- Mineral Baths & Sauna
- Massage & Facial Services
- Easy Access just off Hwy 5, 15 minutes North of Mt. Shasta
- An hour drive to Redding or Medford Airports

#### What types of retreats & events do we host?

- Any type you can dream up
- Writing Retreats
- Healing conferences
- Yoga retreats and trainings
- Meditation Groups
- Artists' Workshops
- \* Work Meetings
- Private or Public, Large or Small
- Weddings

#### Contact for more info:

[info@stewartmineralsprings.com](mailto:info@stewartmineralsprings.com)

[stewartmineralsprings.com/retreats](http://stewartmineralsprings.com/retreats)

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