



MOUNT SHASTA

PRIVATE RETREATS

(Info Pack)

UTOPIAN MOUNTAIN PARADISE

Stunning landscapes, waterfalls, rivers, lakes and an abundance of wildlife. Shasta is like no place on Earth.



EXPERIENCES

Our Shasta retreats have a great balance of adventure, wellness and wisdom.

SACRED SITE TOURS
NATURE HIKING TOURS
LAKOTA SWEAT LODGE
CHA DAO TEA SESSIONS
ELEVATED MEDITATIONS

LIVE SOUND JOURNEYS
BREATHWORK SESSIONS
YOGA BODY MOVEMENT
ORGANIC HEALTHY MEALS
NATIVE FIRE STORY TIME



Heart Lake

MT SHASTA, CA

Shasta is a very special place to say the least; it represents much more than just a mountain. In Sanskrit, Shasta means the "teacher."

It is considered one of the most sacred places on the planet and is said to be the root chakra of the Earth. People that visit Shasta say they feel a 'magnetic like' connection that can often be the catalyst for deep healing, conscious awakening and profound insights and visions.

It also has some of the cleanest air and water in the world and is abundant with a diverse range of stunning wildlife.

DAVID

David has been running retreats for over 15 years and has lived in Mt Shasta where he has built incredible retreats that are truly one of a kind.

He is a sort after guide in the area and will take you on a supportive and magical journey in one of his most favourite places on the planet.



LUXURY ESTATE

*The retreat will take place in the luxury Eddies Estate,
a stunning home with incredible views and facilities.*



STAY

The luxury property has a number of comfortable King suites with stunning views.





ADVENTURE

Visit some of the most stunning natural waterfalls, lakes and rivers across Mt Shasta.

MCCLOUD FALLS

TRADITION

Experience traditional native healing arts like our journey in the sweat lodge. They say it represents the Mother's womb, where we pray with Creator and emerge renewed and rebirthed. We will also experience evening fire stories.





TRANSFORM

Shasta has been known for its power to transform and heal people just by being on the sacred lands. You will get to experience your own connection to a very powerful place that will bring new insights and growth for your journey.

HIKING

We will explore the beauty of Mount Shasta and venture above the tree lines for some breath-taking journeys.

"The most amazing hiking I've done in my life!"



Panther Meadow



WORKSHOPS

David will share different wisdom teachings through the ancient practice of Cha Dao tea ceremonies that support tools for thriving in challenging times.

ITINERARY

Thurs

Check-in from 3-6pm
Overview of weekend
Welcome dinner 7pm
Fire side cacao + music

Fri

Meditation + breathwork
Cha Dao tea ceremony
Mcloud Waterfall tour
Mount Shasta site tour
Meshika fire ceremony

Sat

Meditation + breathwork
Cha Dao tea ceremony
Heart lake hiking tour
Lakota sweat lodge
Banquet sunset dinner

Sun

Morning practices
Integration workshop
One-on-one massages
Lunch and closing
Check-out from 3pm

What you will get from this retreat

You will be challenged personally to grow, to explore the power of ancient wisdom, and to let go of everything that no longer serves you. The results will be an expanded sense of what is possible, for yourself and the bigger picture.

- ✓ You will come away with a deeper connection to yourself and nature
- ✓ You will be renewed and inspired
- ✓ Clear the mind and reset your path
- ✓ Build new friendships with inspiring people

PACKAGES

*Prices are all inclusive accom, meals (not lunch), ceremonies, workshops and tours

King Master Suite Spa

\$3k

King Room Views

\$2.5k

King Room Suite

\$2.3k

Glamping

\$1.8k

How to get to Shasta

Shasta is close to the Oregon border and is challenging to visit which also makes it special and untouched. The best way to travel is to fly, driving is also possible but more time consuming.

Flying

Redding Airport - 50min drive to Shasta (Uber is best or car rental)

Medford Airport - 1.5hrs to Shasta (Uber best or car rental)

Driving

10hrs from Los Angeles

4hrs from San Francisco

What to bring

Shasta can experience mixed seasons so always dress accordingly. In the warmer months it is not as big of a concern but still bring a light jacket for the evenings.

Warm clothes

Hiking shoes

Water bottle

Protection from sun

Swimming attires

Meals

The retreat package includes meals for the morning and evenings however there will be times where guests will be able to buy their lunches at local eateries as we are on daily excursions.

All meals are organic and complementary snacks and beverages are provided.

As we are elevated at 4,000ft above sea level, you may find your appetite reduced.

It is also a time to detox and cut back from larger meals for optimal gut health.

PAST RETREAT TESTIMONIALS

"One of the most rejuvenating and heart opening experiences I've ever experienced."


"David's retreats are a gift to anyone looking for a reset and acceleration in the right direction."

"I feel more inspired and excited to live my greatest version after this retreat. So grateful."

"Shasta is a hidden gem and the retreat is on such a magical property with amazing views."

NEXT STEPS

If you are interested in attending this retreat, please arrange an intro call with David to learn more about how you can reserve your place.

 415-463-9608

