

GROUND
5+ MONTHS OF COACHING

ADVENTURE OCT 1-4
BLACK HILLS, SD

SOJOURNERS

INTENTIONAL TRAVEL

GROUND.
IN NATURE. IN YOURSELF. IN COMMUNITY.

GROUNDING ACTIVITIES.

Intentional time in nature-customized to us.

PoWer coaching individual sessions.

POWER group sessions.

Hiking, painting, drawing in Badlands/Black Hills.

Healing sessions.

Golfing/Forest bathing.

Kayaking, napping, fishing, reading, writing, puzzles.

New friend making.

C U R I O U S ?
E M A I L K R I S T I H E M M E R @ G M A I L . C O M