



February 19-22, 2026

Taste What's True

A 4-day women's retreat
Sebastopol, CA

Heal your
relationship with
food and discover
the wisdom
beneath your
hunger

**Come hungry —
for connection, truth, and aliveness.**

- Guided Eating Meditations
- Farm-to-Table Meals
- Blindfolded Sensory Dinner
- Embodied Movement
- Fire Ceremony
- Wood-Fired Sauna



Bronwyn Simmons



Shawn Flowers

For More Information

Contact Shawn (760)525-1019

Contact Bronwyn (845) 517-7983
to sign up:

shawnflowers.com/taste

Sign Up