



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](http://shawnflowers.com/taste)

**Sign Up**

