

Indigo Trails Programs

- Nourish Your Soul Women's Group (monthly May-October)
- A Hero's Journey for Women (Oct)
- Look Back to Look Forward (Nov)
- Menopause & Metabolism Online Course (Jan-Mar)
- Yoga In the Barn (May-Sept)
- Full Moon Sacred Circle (May-Sep)
- Team Building Retreats
- VIP Days (individual or group)

www.indigotrailslc.com

@drstaceybean

