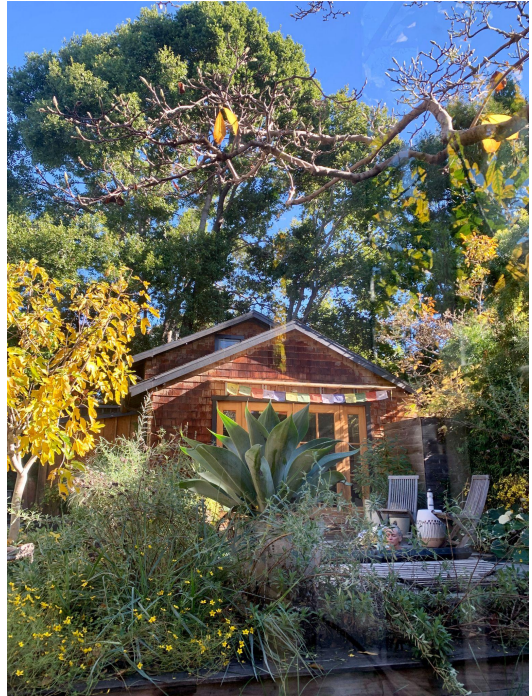


Her Sacred Nature

Women's Group

Would you like to be part of a Women's group devoted to remembering and embodying our connection to Nature, the Sacred Feminine and the Cycles of the year? Do you long to gather with other women in this way?

Join Dr. Shae Stafanson for an intimate experience immersed in the energies of the fall season of Samhain to Solstice - the darkest, most feminine time of the year that invites us to release what no longer serves us and to turn inward. Our meetings will include simple ritual, movement practices, and heartfelt sharing.



Our first gathering will be in Shae's' private Garden Sanctuary in Berkeley where we will co- create a potent container for building community, intention setting and tuning into Nature.

Mid-point in our group cycle we will engage with the land through a guided Eco-Therapy hike and labyrinth practice in the East Bay hills.

Our seasonal time will conclude in late December at the Winter Solstice with a Fire ceremony.

Dates and Locations:

- ❖ Sunday October 27th 4-6 PM Berkeley Garden Sanctuary
- ❖ Sunday November 10th 4-6 PM Berkeley Garden Sanctuary
- ❖ Sunday November 24th 9-11AM Sibley Volcanic Regional Preserve
- ❖ Sunday December 8th 4-6 PM Online
- ❖ Sunday December 22nd 4-6 PM Berkeley Garden Sanctuary

I welcome women who are seekers, explorers, healers, or therapists, and who endeavor to use life's challenges for growth and transformation.

Energy Exchange: \$528

Please [contact Dr. Shae Stafanson](#) for more information.

About Shae

I am a Sacred Space holder. I have practiced as a licensed Clinical Psychologist for over 30 years with an emphasis on listening to the body, working with the nervous system, and addressing clinical issues including eating disorders and trauma. I have welcomed in a calling to work in alignment with the natural world and connection with our deepest knowing. This led me to embrace the pathway of a “Bhean Feasa” - a Wise Woman. I weave together traditional psychotherapy, spirituality, nature connection and energy work in the context of remembering the Sacred Feminine and the seasonal Wheel of the Year.



More About Shae

In the service of healing my own wounds, I embarked on a transformational path led me from earning a Doctorate and license in Clinical Psychology with an emphasis on relational women's' therapy, to mothering three now young women, to diving deeply into the work of trauma and eating disorders and eventually to earning a yoga teacher certification and training in somatic nervous system regulation work.

Each turn in the path brought a new challenge and a new capacity.

My path was not linear, nor did I know where I was headed.

Spirit invited me to dive deeper- I trained in the energy medicine tradition of the indigenous people of the Andes with The Four Winds Society, studied and deeply integrated Psycho-Spiritual practices in a five-year immersion in Jennifer Wellwood's' Mystery School and completed training and certification in Eco-Therapy with the Earthbody Institute.

After a Native American Grandmother suggested I find my indigenous spiritual roots, I was led to Ireland where I found a deep resonance in the teachings of the Celtic Wheel of the Year and a palpable connection to the Landscape. In 2023 I hosted a journey for women to Ireland: *Divine Feminine and Sacred Land* where we shared extraordinary experiences of Sacred Places and practiced with Wise Women.

I continue to deepen my relationship with the Sacred Feminine, Nature connection practices, Sacred Plants, the seen and unseen worlds and the Celtic Wheel of the year.

I blend all of this in my open-hearted offering of hosting **Her Sacred Nature** Women's Group.