

# Menu of Services

**ESALEN**

MASSAGE AND HEALING ARTS

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ESALEN MASSAGE AND HEALING ARTS

# MASSAGE OFFERINGS





# Return to your natural state of balance and alignment.

An Esalen Massage is an inward journey rather than a therapeutic treatment. Through long strokes, a slow pace, and pauses, you are invited to return to your natural state of balance and alignment. Transformation occurs not through deep-tissue work but rather through an active participation between giver and receiver. As

your practitioner's hands direct your attention, this awareness evokes relaxation and change. Then your practitioner can apply deeper, more specific work as needed. The massage developed here at the hot springs recognizes that the body releases into pleasurable sensation. The body and mind are one.

*\*Massage services prices include 18% gratuity for the service. Guests may add additional gratuity, if desired, at booking or checkout.*



## ESALEN® MASSAGE

75 minutes / \$274\*

Perched on the bluff above the ocean, and nestled beside the healing waters of Esalen's renowned natural hot springs, a deeply nourishing massage experience awaits you.

Our massages are 75 minutes long and take place in semi private rooms at the Esalen baths. Weather permitting, massages may also take place outside on the upper deck.

All of our healing arts and massage sessions strive to empower you to regain a sense of harmony and to awaken inner resources for healing. It is not unusual for us to hear, "That was the most amazing massage I've ever received."

## ESALEN® MASSAGE - Day Pass

75 minutes<sup>†</sup> / \$401\*

A full treatment Esalen Massage for a visitor to Esalen who is not already on property for a workshop or overnight experience.

<sup>†</sup>As a day pass visitor, you will receive access to the property from 8:30am – 8:00pm, your massage treatment, three buffet-style meals, and complimentary access to the open classes taking place on the day of your visit.

Email [message@esalen.org](mailto:message@esalen.org) for reservations at least 24 hours and up to two months in advance.

ESALEN MASSAGE AND HEALING ARTS

# ALTERNATIVE SERVICES

*All prices include 18% gratuity.*

## ALTERNATIVE SERVICES

### **Day Pass**

Starting at \$380

A full alternative services treatment for a visitor to Esalen who is not already on property for a workshop or overnight experience.

†As a day pass visitor, you will receive access to the property from 8:30am – 8:00pm, your chosen service, three buffet-style meals, and complimentary access to the open classes taking place on the day of your visit.

Email [message@esalen.org](mailto:message@esalen.org) for reservations at least 24 hours and up to two months in advance.

*Micha Merrick's herbal services at the Esalen baths. Photo by Ami Sioux.*



# Micha Merrick

Micha believes the key to health and happiness lies in discovering ourselves as free and natural beings. She teaches herbalism, meditation and ritual as a heartfelt communion with our living ecosystem. Micha is an Esalen experiential faculty member and botanical altar artist. As a birth doula and practitioner of embodied herbal practices, her clients find sanctuary and grounding in connection with the earth.



Micha Merrick's herbal services at the Esalen baths. Photo by Ami Sioux.

She has studied with WatPo Royal Medical School, Bumi Sehat Natural Birth Center, Kripalu School of Yoga and personal mentorship with traditional midwives, botanical healers and folk herbalists in Bali, Thailand, Vermont, and California.

*\*\*Alternative services prices include 18% gratuity for the service. Guests may add additional gratuity, if desired, at booking or checkout.*

## HERBAL CLEARING RITUAL - SINGLE

90 minutes

\$286\*\* — Workshop Attendee

\$413\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

Ritual is an agent of resilience, an experience outside of linear time, reminding us of our natural wholeness and the greater organic spheres to which we belong. This herbal steam poultice ritual — with a consultation of deep reflective listening — embodies the original nature of topical herbalism practiced by many ancestral cultures. Receive an introduction to whole living plants from this wild coast and the Esalen garden. Participate in the

creation of an herbal poultice bundle, aligned with your unique intentions. Experience the warm presence of tea-compress bundles resting on the body, as soft song and sound accompany your blessing. Find support through the direct contact of healing plants in a grounding ritual of integration, connection and renewal.

*Includes tarot, poultice making, poultice body session. This session is available for prenatal.*

# Micha Merrick

## HERBAL CLEARING RITUAL - COUPLES

90 minutes

\$389\*\* — Workshop Attendee

\$643\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

Ritual is an agent of resilience, an experience outside of linear time, reminding us of our natural wholeness and the greater organic spheres to which we belong. This herbal steam poultice treatment delivers the original nature of herbal medicine bundling practiced by many ancestral cultures. Experience the warm presence of whole living plants and tea-compresses placed directly on the body by your partner in a grounding ritual of integration, connection, and renewal.

*No tarot. Includes poultice making. Couples will be guided to use the poultice on each other.*

## INTUITIVE CARD READING

90 minutes

\$253\*\* — Workshop Attendee

\$380\*\* — Day Pass Guest

## INTUITIVE CARD READING - COUPLES

90 minutes

\$382\* — Workshop Attendees

\$636\*\* — Day Pass Guests

*Meet outside the bookstore 10 minutes early to be guided to the location.*

Dive into a personal question and allow the synchronicity of the cards to illuminate your answer from many perspectives. A Jungian approach to tarot. Full Celtic cross readings.

**\*\*Alternative services prices include 18% gratuity for the service. Guests may add additional gratuity, if desired, at booking or checkout.**

# Silvia Guersenzvaig

Silvia Guersenzvaig is a bilingual practitioner and teacher of Transformational Kinesiology - Soul Infusion certified by the Polaris International College from Denmark. Astrologer since 1976, she is the creator of AstroSoma®-somatic astrology and has been offering her services at Esalen since 1982. Silvia counsels individuals, couples, and groups nationally and internationally. She is part of the Esalen® Massage faculty and currently facilitates groups for ISGO- LANDS on the subject of near death experiences and after death communication. TransformForJoy.com



## TRANSFORMATIONAL KINESIOLOGY - SOUL INFUSION

120 minutes

\$325\*\* — Workshop Attendee

\$452\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

Transformational Kinesiology - Soul Infusion is inspired by the Ageless Wisdom and is a healing modality which uses muscle/energy testing to access deeper layers of the subconscious mind to restore wholeness and joy. It is an inquiry process aimed at making conscious any subconscious content for mending the web of continuity of consciousness.

Freedom from past traumas and unfinished emotional circumstances is achieved as a result of balancing the subtle structures of the body mind. This process allows for the recovering of integrity, wholeness, peace of mind and a joyful attitude. One of the 50 balances of the system will be used to access the power of Soul connection via creative visualization to align with your desired life path.

This is for anyone interested in progressing on their spiritual path and their expansion of consciousness.

*Please bring water with you to the session.*

\*\*Alternative services prices include 18% gratuity for the service. Guests may add additional gratuity, if desired, at booking or checkout.

# Silvia Guersenzvaig

## ASTROSOMA

120 minutes

\$325\*\* — Workshop Attendee

\$452\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

AstroSoma is a transformative modality which uses muscle/energy testing to access information from both your natal chart and your body wisdom.

This session can help you access deeper layers of the subconscious mind for the purpose of transforming blockages in the way to your wellbeing and joy.

We are energy beings and my role is to be an electrician of the subtle body, helping you restore short circuits reflected in your chakras or energy system, while helping you remember who you truly are.

These energy blocks happen due to past unresolved traumas, emotional circumstances, shocks or due to accidents, surgeries or grief.

As a result of this transformative process your energy is restored leaving you feeling lighter and peaceful. This is a Soul infusion session.

Your birth information, including time and place, is required upon booking the session. Please bring a bottle of water to the session.

*Requires birth date, time, place emailed to [openstars@icloud.com](mailto:openstars@icloud.com) prior to session.*

## ASTROLOGY READING

120 minutes

\$325\*\* — Workshop Attendee

\$452\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

Since the Ancient times, the heavens have offered a mirroring understanding of unfolding events through the mapping of one's birth chart. Astrology readings portray the intrinsic configurations of personal gifts and challenges, illuminating the journey of our Inner self. Through my readings, I offer personal tools for life navigation, helping adjust your creative compass towards greater understanding and wellbeing. I am inspired to share my knowledge of the draconic chart, a system that clearly reveals the path of consciousness offering light to repetitive patterns learned in previous life times for the purpose of balance. I prepare a Natal chart, progressed chart and yearly chart along their respective spiritual counterparts.

Sessions are 1.5 hours long with extra 30 minutes for further questions. Please submit your complete birth information when booking your session: date, time, place and the city and state of your current residence.

*Requires Birth date, time, place and current place of living emailed to [openstars@icloud.com](mailto:openstars@icloud.com) prior to session.*

*This service is 120 minutes in total, with the session being 90 minutes in duration with an additional 30 minutes for Q+A and discussion.*

\*\*Alternative services prices include 18% gratuity for the service. Guests may add additional gratuity, if desired, at booking or checkout.



# Isabel Fleury

Isabel is a licensed psychologist in Brazil where she kept a private practice and worked in clinical and institutional settings. She moved to the United States in 2007, working to deepen her experience at the Esalen Institute in Big Sur, California. Early on she participated in various trainings with renowned teachers that deeply influenced her worldview, like Stanislav Grof, one of the founders of Transpersonal Psychology and researcher on non-ordinary states of consciousness, the historian and author Richard Tarnas, and Jungian analyst and author Jean Shinoda Bolen, among others. In 2014, Isabel took a deep dive into Buddhist practice and started to sit in long meditation retreats at Spirit Rock Meditation Center in Fairfax, California. Since then she has been committed to the study, practice, and sharing of Buddhism and Insight Meditation with the world.

## ARCHETYPAL ASTROLOGY READINGS

75 minutes

\$274\*\* — Workshop Attendee

\$401\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

The birth chart is a living reality, revealing the seed-potentials of an individual journey. It defines the structure of our personality and its cycles of development in a unique way. Isabel's deepest intention is to support people to live authentically and consciously. She believes we can cultivate a deeper and more fulfilling relationship to ourselves and to all of life — one that honors, respects, and cares for our hearts, minds, and souls. Whether through counseling or archetypal astrology, practices that allow us see into the nature of the mind can help us learn to discriminate between what

causes suffering and pain and what creates a pathway toward happiness and well being. She believes in a participatory vision of life, meaning we all take responsibility for the way we respond to what happens within our own being and in the world around us. Creating a better life on this planet is up to us. Everything we do matters and will bear fruit.

*Requires birth date, time, place emailed to [isabelfleuryastrology@gmail.com](mailto:isabelfleuryastrology@gmail.com) prior to session.*

\*\*Alternative services prices include 18% gratuity for the service. Guests may add additional gratuity, if desired, at booking or checkout.

# Isabel Fleury

## DREAM WORK: A PATH TO THE SOUL

75 minutes

\$274\*\* — Workshop Attendee

\$401\*\* — Day Pass Guest

Meet outside the bookstore 10 minutes early to be guided to the location.

“When you get to be older, and the concerns of the day have all been attended to, and you turn to the inner life — well, if you don’t know where it is or what it is, you’ll be sorry.”

—Joseph Campbell 1988, *The Power of the Myth*

What is life asking of us? Nowadays there is so much noise and not enough time and space for most of us to look within and to care and serve what is emerging from the depths of our beings.

The word *psychotherapy* literally means *soul care*, sounding like a long lost art (which it kind of is!). The beauty is that we can recover this art, we can attend to our psyches with an intention to deeply listen to what wants to unfold and to offer it proper care.

When this way of being with the raw material of the soul is honored, the magic that happens from listening

to the unconscious begins. Dreams give us the material we need to glimpse the soul and to begin to tap into meaning-making and insights. They reveal deep characters, memories, themes, and fears that are always present though might not be conscious.

One great advantage is that dreams are current. They give us a view of things as they are now.

\*\*Alternative services prices include 18% gratuity for the service. Guests may add additional gratuity, if desired, at booking or checkout.



# Perry Holloman

Perry has been a member of the community and teaching staff at Esalen since 1979. He teaches Esalen Massage, Deep Bodywork, Gestalt and Hologenic™ Breathwork at Esalen, Europe and Asia. He offers private sessions at Esalen and via Zoom from his home in Big Sur.



## INTEGRATIVE GESTALT™ SESSIONS

75 minutes

\$274\*\* — Workshop Attendee

\$401\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

Perry learned Gestalt from students of Fritz Perls who graced Esalen's grounds in the 1970's and 1980's. Integrative Gestalt is an experiential and relational practice that uses the tool of *self-inquiry* to support personal growth, work with relationship challenges, and emotional barriers preventing an improved quality of life.

## PRIVATE BREATHWORK SESSIONS

75 minutes

\$274\*\* — Workshop Attendee

\$401\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

Private Breathwork Sessions combine the power of Hologenic™ Connected Breathwork with Integrative Gestalt adding depth and breadth to the process of *self-inquiry* fundamental in Gestalt. Clients are supported in their self-exploration through cycles of 30-40 accelerated, targeted breaths followed by time to express through movement, words and sound what they are experiencing in the moment. Often, current issues in one's life, biographical "fixations" creating barriers to joy and fulfillment, and altered states "transpersonal" in nature arise and become available to our awareness practice. Perry and his wife Johanna teach this work at Esalen and globally.

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# Peggy Horan

Peggy is a legacy holder of Esalen® Massage and one of the founders of the Esalen Massage School. She has worked at Esalen for over 50 years, and has taught classes for beginning and advanced students, certification classes in prenatal massage, and a Teacher Training courses. Peggy is a student of many diverse movement practices. She recently completed a teacher training course in mindfulness meditation. Her experience as a practicing midwife in Big Sur adds to her knowledge, her skills, and her practice in presence. Her body of work is expanding to include private teaching and coaching.



## ESALEN MASSAGE TEACHING FOR COUPLES & FRIENDS

90 minutes

\$389\*\* — Workshop Attendee

\$643\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

Learn about the power of connecting through touch and the practice of embodied presence. As one of the original contributors in the development of Esalen Massage, Peggy brings over 50 years of experience as both a practitioner and teacher. Whether you're new to this practice or want to deepen your understanding, Peggy will guide you in exploring the fundamentals of Esalen Massage and specific areas of interest. Your time together will focus on cultivating a deeper sensitivity to touch and how this practice supports the integration of mind, body, and spirit. Everyone is welcome to join, and no prior experience is needed.

## COMPASSIONATE COACHING

90 minutes

\$286\*\* — Workshop Attendee

\$413\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

Peggy's coaching sessions offer a unique opportunity to deepen your connection with yourself, tap into your body's inherent wisdom, and live more fully from your heart. Her coaching is rooted in somatic principles and mindfulness.

Peggy's approach integrates her diverse background in Esalen Massage, meditation and mindfulness teachings, embodiment, movement, midwifery, and psychology. Through deep listening and gentle guidance, you will collaborate to cultivate embodied presence, awareness, and self-acceptance to support personal and relational growth and transformation. Sessions may also incorporate movement, meditation, self-inquiry, and grounding techniques to further access your inner wisdom.

\*\*Alternative services prices include 18% gratuity for the service. Guests may add additional gratuity, if desired, at booking or checkout.



# Sheena Burnside

Sheena Burnside has had a relationship with the Spirit world since a very young age. Her lifelong interest in the Mystery Schools, Magical Egypt, Atlantis and brilliant cinema such as *The Craft* stoked her desire to know more about hidden worlds. Early intuitive experiences taught her there was more to the world than what we see. Her natural curiosity and innate gift of prophetic dreams, combined with a deep spiritual capacity, put her on a path of healing herself and then using those tools to help others on their own healing journey. In 2012, after beginning her magical training in the Modern Mystery School and completing her

Jikiden Reiki certification through Japan, she went on in 2013 to become a certified Life Activation Practitioner and Max Meditation teacher, completed her Usui Reiki training in 2016, and became a certified crystal healer in 2021. She is currently training to become a certified herbalist.



With the depth of knowledge and skill present, sessions with Sheena are as unique as the client. You might work to clear early life or past life trauma, communicate with your ancestors, discover energy blocks, or attune with helpful spirits,

crystals, or herbs. You'll leave your session with not only a renewed sense of healing and wellness, but spiritual tools that you'll be able to put into practice right away.

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# Sheena Burnside

## JIKIDEN REIKI & CHAKRA BALANCING

90 minutes

\$303\*\* — Workshop Attendee

\$430\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

Jikiden Reiki is considered a more powerful, more simple, and yet, deeper style of Reiki. It is authentic Reiki as it was originally taught in 1920s and 30s Japan—pure, simple, and extremely effective. Because of its authenticity to its origin, a Jikiden Reiki practice has no western influence or adaptation. The style of Jikiden means — directly transmitted from the founder of Reiki — Mikao Usui, and his student, Dr Chujiro Hayashi.

In a treatment session, Reiki is used to assist the body's own natural abilities. Reiki has been used to help people who are experiencing a wide range of issues, including stress and anxiety, as well as physical and emotional challenges.

There is an intuitive scan done on the body to locate the area(s) of focus. If the client is wanting / needing chakra rebalancing crystals and oils will be incorporated to elevate the energy of the session. This is a gentle yet very effective healing.

*This is a hands-on session.*

## MAGICAL HEALING RITES WITH CRYSTALS

90 minutes

\$303\*\* — Workshop Attendee

\$430\*\* — Day Pass Guest

*For one person*

*Meet outside the bookstore 10 minutes early to be guided to the location.*

The focus of this session is on healing past wounds and heartache. It can also be used to clear a path for manifesting future goals. During this session, you can choose the specific area of focus that you'd like to improve in your life. If it's based on past wounds, you may consider focusing on releasing negative patterns or trauma, and letting go of specific emotions or core issues. You may consider focusing on generating future success in a specific area of your life — creating more abundance, finding a new job, establishing a new relationship, or any other focus that creates good fortune in your life.

\*\*Alternative services prices include 18% gratuity for the service. Guests may add additional gratuity, if desired, at booking or checkout.



# Shae Cameron MS.ed, BCTMB, CMT, CST-T

In the course of the last 25 years working with adults, then children with developmental and physical delays, I was looking for a way to help people. I found massage in the form of a 650 hour program that focused on alternative healing methods and prepared students to become certified in therapeutic massage and bodywork. Through that program I found that touch has grown into the meaningful contact of life, and whole body connection. There I developed a sense of touch that was purposeful but not demanding, brought change without being attached to the outcome and offered connection without the need for cognition or words.

When I began this journey I experienced CranioSacral Therapy for the first time, quickly I knew I desired to participate in this physical as well as energetic work. It challenged my understanding of the world and the body, I questioned what was happening during these sessions, was the practitioner moving or was I, why did I feel so emotional and how can a body part unwind like that.

After deepening my ability to connect to the body through the practice of whole body integrative style of Esalen Massage.... I finally moved back toward the first modality to touch my heart, CranioSacral Therapy.



## CRANIOSACRAL THERAPY

75 minutes

\$274\*\* — Workshop Attendee

\$401\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

CranioSacral Therapy uses light touch to find and help release restrictions in the physical, emotional and energetic bodies.

It works using attention and energy in addition to your inner wisdom.

During these 75 minute sessions we will be using intuition, breathe, and fascia work to locate and release restrictions in the physical, emotional and energetic body.

*\*\*Alternative services prices include 18% gratuity for the service. Guests may add additional gratuity, if desired, at booking or checkout.*

# Cindy Nelson Purdy

**BSN, RN, CPNP, MPH, CST-T**

Cindy Nelson finds great purpose in using the healing process employed by gentle, light, non-invasive touch in order to release tension and improve the function of the CranioSacral system. As a pediatric nurse practitioner for 38 years, Cindy experienced firsthand the value and reward of touch primarily through her work with adolescent pulmonary disease. Initially skeptical of alternative modalities, she discovered CranioSacral Therapy (CST) after the practice helped her son ultimately recover from an illness for which allopathic medicine had presented no

solution. Studying John Upledger's unique technique while also maintaining a collaboration with the Integrative Medicine Department of her local hospital, she has created an alternative and innovative healing pathway to greater health.



## CRANIOSACRAL THERAPY

75 minutes

\$274\*\* — Workshop Attendee

\$401\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

Through light, non-invasive touch, CranioSacral Therapy helps release tension in the body's CranioSacral system and restore balance to the body, mind, and soul. In this 75-minute session, Cindy works collaboratively in harmony with you to create a gentle, supportive

healing journey. Sessions are performed fully clothed. Soft, non-constrictive clothing is recommended.

\*\*Alternative services prices include 18% gratuity for the service. Guests may add additional gratuity, if desired, at booking or checkout.

# Shana Fong

Shana Fong is a nature alchemist, Reiki energy healer, shamanic guide, and Wayfinder life coach. Shana's life's work is to help others connect and heal with the medicine of the earth. With over 15 years of experience as a conscious leader, coach, and guide, Shana uses her deep somatic intelligence and a variety of modalities to release blocked energy and act as a portal for transformation for her clients. Her offerings are centered on calming the nervous system, increasing vitality, and coming into alignment with your most authentic, magnetic self.

## ALCHEMY FOREST BATH

120 minutes

\$325\*\* — Workshop Attendee

\$452\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes early to be guided to the location.*

Find calm, ease, clarity, and presence with a private, guided two-hour immersion on the healing land of Esalen. Feel held by the earth and at home in your body. Let your soul speak through stillness.

If you are feeling burnt out, seeking deeper purpose and fulfillment, or navigating a major life transition, the Alchemy Forest Bath session will help you calm your nervous system, clear your energetic and physical body of stress, and gain clarity and support to embark on your most authentic path forward. By immersing all of your senses in nature, you'll feel safe to open up to let go, recognize and release limiting beliefs, and uncover new perspectives.



Shana will guide you on a journey in the Esalen hot springs canyon – a private area of Esalen land – leading you through a series of invitations designed to help you slow down, connect deeply with nature and yourself, and tune into your inner wisdom. The session will consist of a variety of healing modalities, including guided meditation, nature-connection practices, energy healing (Reiki / sound healing), guided self-inquiry, and oracle card reading.

**Accessibility:** Participants must be able to walk and maintain balance on rugged, uneven terrain and sit on the ground for periods of time. A waiver is required. Please come prepared by bringing water and wearing warmer layers and supportive hiking/walking shoes with good tread.

**Weather policy:** The session will take place in the Esalen hot springs canyon. In the event of unsafe conditions or inclement weather, an alternative location will be offered. We reserve the right to cancel sessions at any time due to lack of accessibility or unsafe conditions, such as extreme weather, wildfires, or trail closures. If the session is canceled for these reasons, a full refund will be provided.

**\*\*Alternative services prices include 18% gratuity for the service. Guests may add additional gratuity, if desired, at booking or checkout.**



## ALCHEMY FOREST BATH - COUPLES & FRIENDS

120 minutes

\$430\*\* — Workshop Attendee

\$684\*\* — Day Pass Guest

*Meet outside the bookstore 10 minutes  
early to be guided to the location.*

Find calm, ease, clarity, and presence with a private, guided two-hour immersion for two guests on the healing land of Esalen. Feel held by the earth and at home in your bodies. Let your souls speak through stillness.

If you are feeling burnt out, seeking deeper connection, or navigating a major life transition, the Alchemy Forest Bath Couples & Friends session will help you calm your nervous systems, clear your energetic and physical bodies of stress, and gain clarity and support to embark on your most authentic path forward. By immersing all of your senses in nature, you'll feel safe to open up to let go, recognize and release limiting beliefs, and uncover new perspectives.

Shana will guide you on a journey in the Esalen hot springs canyon – a private area of Esalen land – leading you through a series of invitations designed to help you slow down, connect deeply with nature, yourself, and each other, and tune into your inner and collective wisdom. The session will consist of a variety of healing modalities, including guided meditation, nature-connection practices, energy healing (Reiki / sound healing), guided self-inquiry, and oracle card reading.



**Accessibility:** Participants must be able to walk and maintain balance on rugged, uneven terrain and sit on the ground for periods of time. A waiver is required. Please come prepared by bringing water and wearing warmer layers and supportive hiking/walking shoes with good tread.

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# WILDTENDER

Guided hikes with Wildtender invite presence and wonder in the wild, and nourish fundamental connections with the natural world. Immersed in the beauty of the Esselen tribal lands now known as Big Sur, we reverently walk the trails to learn about (and from) the plants, animals, and all other natural aspects of this magnificent landscape.

Wildtender founders Noël Vietor and Fletcher Tucker have been students and teachers at Esalen for over a decade. Their connection with Esalen's Gestalt tradition enriches their facilitation in the wild.

## About Your Wildtender Guides

**Noël Vietor** is a co-founder of Wildtender and faculty at Esalen. While an educator in the Esalen Farm & Garden for five years, Noël became foundationally rooted in Esalen's Gestalt tradition. Having found healing and meaning in the Big Sur wild, Noël is honored to create this opportunity for others through Wildtender's immersive wilderness programs.

**Fletcher Tucker** is a co-founder of Wildtender and faculty at Esalen. A curious explorer of inner and outer landscapes, Fletcher's background includes a lifelong passion for California's natural history, a decade of practice in the Gestalt lineage of Esalen, study in Taoism and Zen, and engagement with the Earth-reverent spirituality of his Nordic ancestors.



Co-founders of Wildtender Noël Vietor & Fletcher Tucker. Photo by Marc Gabor.





Photo by Marc Gabor.

# WILDTENDER

## PRIVATE GUIDED HIKE WITH WILDTENDER

2 hours / \$265\*\*

*For one or two guests*

*This service is not available to day pass guests.*

*Meet outside the bookstore with your own vehicle 10 minutes early.*

Our journey together begins in the cool shade of a towering temple of redwoods, centuries old. Following the course of a sparkling creek, we mindfully wend our way through the ancient forest – encountering the humbling majesty of the world's tallest trees and the diverse ecology of their habitat. Nourish your senses and curiosity about the land as we descend a chaparral-lined trail down to the shoreline, pausing to meet aromatic and medicinal plants along the way, and sharing the natural and cultural history of Big Sur. Beyond a tunnel carved through the mountain by early settlers, a shimmering ocean cove awaits as a revitalizing force for your mind, body, and spirit...

- **Mileage:** 1.5–3 miles (depending on pace and preference), out & back
- **Difficulty:** Gentle to Moderate (well-graded but steep trails)

**Misc. Info:** Private booking for 1–2 guests. Time frame includes a 10-min drive to/from Esalen. Guest(s) must have their own vehicle to caravan with guide to the trailhead. Waiver & brief medical intake are required. Please see FAQ below for packing list, eligibility criteria, and more. In the event a trail is closed for weather-related or other reasons, alternate trails are available. Please check the description in the online booking system when you make your reservation.

*\*\*Alternative services prices include 18% gratuity for the service. Guests may add additional gratuity, if desired, at booking or checkout.*



# Guided hikes with Wildtender

## FREQUENTLY ASKED QUESTIONS

Please find information and answers to common questions about Wildtender's Private Guided Hikes at Esalen. If you have further questions or concerns, please email [info@wildtender.com](mailto:info@wildtender.com).

### Where do the hikes take place, and how do we get to the trailhead?

The Guided Hikes take place in a wilderness area 10 minutes north of Esalen. The session time frame includes driving time. Guest(s) must have their own vehicle to caravan with the guide to the trailhead. Your guide will meet you at the start time in front of the Esalen bookstore. Please have your vehicle parked nearby.

### How difficult are the hikes? What if I'm a slow hiker?

Specific mileage and difficulty levels are listed in the hiking description. Big Sur trails are steep, rugged, and uneven. All hiking speeds are welcome, and there is flexibility to tailor the pace and mileage to your fitness and preference. Here are specific eligibility criteria:

1. Able to hike and maintain balance on trails with potential hazards, including but not limited to rough, steep, sandy, or muddy terrain, boulders, slippery and uneven surfaces, low creek crossings, ocean surf, loose rocks, and encroaching vegetation.
2. Able to maintain personal health in variable and inclement weather, including but not limited to heat, sun, rain, wind, and cold.

### What do I need to wear and pack for the session?

- **Hiking Boots or Running Shoes** — Hiking footwear should be broken-in, supportive, have good tread, and be water-resistant or waterproof in the rainy season (October to May).
- **Sun Protection** — Hat and sunscreen.
- **Rain Jacket** — Rain is possible in Big Sur (see more below), as is damp fog.
- **Day Pack** — Large enough to carry your layers of clothing and water.
- **Water Bottle** — Able to hold at least one liter, more if you are a thirsty hiker.
- **Warmer Layers** — Lightweight fleece, down jacket or sweatshirt.
- **Snack** — You are welcome to pack a snack from the Lodge.
- **Hiking Poles (Optional)** — Guides have extra poles to share.

**What will the weather be like?**

Weather changes hourly in Big Sur, often alternating between sunshine and fog. Temperatures could range from the low 40s F to the low 90s F, depending on the time of year. Rain is possible, particularly in winter and spring months. Please check the weather forecast a few days before packing.

**Weather Policy & Right to Cancel Sessions**

Guided hikes run rain or shine as long as we deem conditions fundamentally safe. For this reason, participation requires the ability to be outside in potentially inclement weather and suitable equipment (see packing list above). We reserve the right to cancel sessions at any time due to lack of accessibility or unsafe conditions, such as extreme weather, wildfires, or road, park, or trail closures. If we cancel a session for these reasons, a refund will be given.

**Safety**

Wildtender guides are trained in emergency wilderness medicine and carry first aid supplies.

**Waiver & Medical Intake Forms**

At the start of your session, you will be required to fill out a brief medical intake form and sign a liability waiver from Wildtender. If you would like to preview either document, please email [info@wildtender.com](mailto:info@wildtender.com).



# ESALEN

MASSAGE AND HEALING ARTS

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For assistance, email: [message@esalen.org](mailto:message@esalen.org)

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