

Prostate Awareness Foundation – Spring Retreat 2026



PAF SPRING RETREAT

PAF Mandala Retreat and Immersive Protocol Weekend



Guerneville Lodge on the beautiful Russian River, California

April 17-19, 2026

Hiking, Exploring, Relaxing, Learning and Stargazing

Laughing, Dancing, Drumming and "Walking the Walk"

Grotto at The Cedars of Cazadero

All-inclusive Cost: \$600 for one person; Add \$100 to bring a significant other. Our home base is **Guerneville Lodge** located on the Russian River with beautiful grounds and within easy walking distance to downtown. The lodge is a rustic gem built in the 1930's with twelve rooms all with private bathrooms. We will cook prostate-friendly food together, go on hikes and do a special tour of The Cedars of Cazadero, relax in a healing guided meditation, sing dance and enjoy music by the Prosta-tones and John E. Crash, play in a drum circle, and have a lot of fun stargazing with Dr. Jack Bacon at the New Moon Star Party!

Friday, April 17th: 2 hiking options, Easy or Aggressive

11:00am – Option #1 Aggressive: Meet and park in the parking lot at **Armstrong Redwoods State Natural Reserve** just outside the entrance on the right at 11am. We will hike the forest floor, then up into the hills for up to a 2,000' elevation gain. 3-4 hours. Bring your lunch, hiking poles, water and a snack.

1:00pm – Option #2 Easy: Meet at Armstrong Redwoods State Natural Reserve in Guerneville at 1pm and hike the forest floor. About 2 hours with no elevation gain.

3:00pm – Check in to Guerneville Lodge, 15905 River Road, Guerneville, CA 95446

5:00pm – Hors d'oeuvres & oysters on the half shell shucked with love by **The MotherShucker** with n/a beverages and red wine from Wild Hog Vineyard and wonderful whites from Woodenhead Winery.

6:00pm – Dinner, Vegan or Pescatarian with live music by the **Prosta-tones**.

Sunset at 7:50pm

8:00pm – Star Party with Dr. Jack Bacon.

New Moon Star Party with Dr Jack Bacon

The new moon on Friday April 17 affords an opportunity for optimal stargazing. We will peer into the heavens in search of...



Dr. Jack Bacon's lectures have captivated audiences in twenty-six countries on six continents on topics concerning technology and the factors that shape human society. He has appeared in radio and television broadcasts around the world. He has twice been recognized with NASA's Outstanding Speaker Award. His 32-year career at NASA and prior experience in a wide range of high-tech efforts brings expert, first-hand experience in cutting-edge technologies across the globe.

Saturday, April 18th:

7 to 8:00am – Very early breakfast and then make your own lunch for the day before we head to Cazadero for a 3-4 hour hike and a low impact tour of The Cedars, an ecological preserve. It is a moderate hike with some elevation. *"Concealed deep within the heart of Sonoma County, out of sight and hard to find, is **The Cedars** — a mysterious, unearthly region still known to only a few. Located north of Cazadero at the headwaters of Austin Creek, access to The Cedars requires seven creek crossings in a high clearance vehicle. But with risk comes reward and this journey brings the sojourner to an unexpected new world — a world of deep serpentine canyons, strange, mineralized formations, Mars-like terrain, and rare & unusual plants."* There is a 20-person maximum for this hike, first come - first served. Read more: <https://www.planethorticulture.com/TheCedars2023-small.pdf>

11:00am Those not hiking in Cazadero will be able to go to **When Pigs Fly Ranch** near Korb for their Champagne VIP tour or walk to downtown to explore the shops & art scene of Guerneville. The Center for Sacred Studies is a good place to visit.

4:00pm – Healing meditation by [Intuitive Energy Alchemy](#). Sound healing, intuitive energy work, and spiritual guidance for sensitive souls seeking clarity, peace, and transformation. New this year: Trava Faust of the CMT, Vitality Center of Sebastopol will be onsite offer massage for a nominal gratuity.

5:00pm – Drum Circle with **Stephanie Demos**

6:30pm – Live music and appetizers. Mr. **John E. Crash** is back by popular demand.

7:00pm – Dinner and then relax around a bonfire and maybe soak in the hot tub!

Sunday, April 19th: Pack up and be prepared to **check out by 11:00am.**

7-9:00am: Breakfast and then make your own lunch.

11:00am VIP Tour of **Solar Punk Farms** - Solar Punk Farms is a climate hub focused on bioregional regeneration. We aim to make the sustainable revolution seem irresistible by inviting others to experience what a life based on **pro-climate values** looks, smells, tastes and feels like.



All-inclusive Cost: \$600 to stay in the Lodge; \$100 per night for a spouse.

SIGNUP FOR THE SPRING RETREAT: Fill out the signup sheet and return it via email to kamalik@ProstateAwarenessFoundation.org and then pay half the amount due by check or with the PayPal link.

What to bring: Water bottle, daypack, hiking poles, hat, sunglasses, layers of weather-appropriate clothing, camp chair (for the bonfire), sunscreen.

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