

# NEWSLETTER

**JUNE 2026**



# SAGA

RENEW • RECONNECT • RISE



## Discover the Story



Tahoe has the natural ability to bring people together because of its landscape. It provides space to think, breathe, and reconnect. Whether standing beside the lake at sunrise, hiking a mountain trail, gathering around ...

[Read More](#)

## On the Agenda



An intimate, curated Tahoe experience designed for renewal, reconnection, and rise.



## Stay Connected



Bi-weekly online insightful discussions to reconnect with topics grounded in mindfulness & presence, gratitude, goal setting,...





Saturday  
September 19, 2026  
9am to 3pm

Tunnel Creek Lodge  
Incline Village  
Lake Tahoe

## Experience the Renewal - Reconnection - Rise

- Opening Circle
- Connection Workshop
- Yin Yoga Session
- Brunch with local chef Liz
- Rise Workshop
- Release to Rise Ceremony
- Tahoe Trek
- Sound Bath Renewal



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Information & Registration

Sabrina Gentner  
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[Discover The Story Here](#)

# Continued Connection



*SAGA's unique focus on partnerships is an exploration to become better versions of ourselves--while strengthening the relationships that matter most.*

**Mindfulness & Presence**-managing stress--remaining grounded  
**Communication**-listening, empathy & difficult conversations  
**Relationships**-navigating personal and professional connections  
**Purpose & Meaning**-discover your values for fulfillment  
**Personal Growth**-habits, mindset, resilience & rise  
**Goal Setting**-personal & partnership accountability & execution  
**Gratitude**-defining perspective and maintaining positivity  
**Navigating Change**-life transitions, uncertainty, career shifts  
\*Each session includes breathing exercises & light stretching.

## **Building Guided Community**

**Founding Circle \$29/mo or \$299/yr**

**Founding Partnership \$49/mo or \$499/yr**

**Rising Circle \$39/mo or \$399/yr**

**Rising Partnership \$69/mo or \$699/yr**

**Two Live Zoom Sessions each month**

**Begins July 1 & July 15 @ 6:30pm to 7:30 pm**

