

Authentic Restoration Retreat

Presented by Amidst the Trees

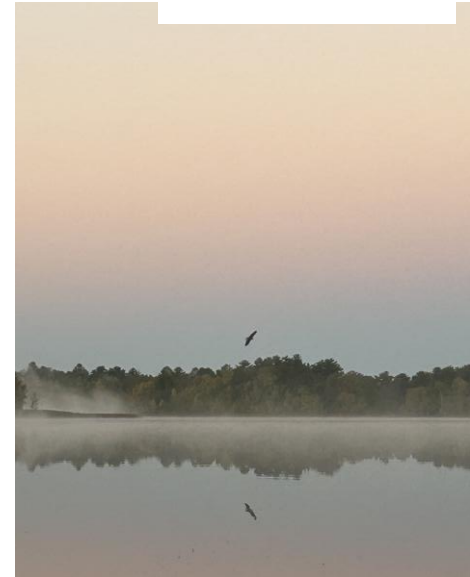


4th Annual Weekend Restorative Retreat

Crow Wing Crest Lodge

September 25-27th 2026

Come join us for a restorative weekend in nature. Through body focused activities, movement, self inquiry, mindful exploration, ceremony and play we will nourish ourselves and find our capacity to restore.



Stay in a cabin at Crow Wing Lodge where free time activities include nature trails, lakeside sauna, kayaks, other water toys and a beach on a clear lake. Retreat activities include yoga, meditation, accessing somatic markers of stress and releasing old patterns of thought, emotion and reaction. We will then bring in the new more resourced ways of thinking, feeling and reacting, in alignment with our authentic, wise, fullness of being. Come join us.

When: September 26-28th 2025 Begins at 2 on Friday until noon on Sunday

Where: Crow Wing Crest Lodge, 31159 County 23, Akeley, MN

Cost: 520.00 includes 2 nights lodging and evening meals 550.00 for a single room Limited capacity of 20 people.

Register at Amidstthetrees.com under retreats Registration deadline is Aug 22nd

Join Molly, Lisa and Shelly in a reorganization and reset for the caregiver

Molly DePrekel is a licensed psychologist with over 30 years of experience in mental health and healing. Her focus is on animal assisted interventions, nature based healing and somatic practice.

Lisa Johnson Taylor is a licensed psychologist with over 30 years of experience in mental health. She is passionate about group work that accesses body wisdom and supports a collective transformation

Shelly Edwards is a mental health therapist and shamanic practitioner focused on helping others follow their innate ability to heal and be in connection with their greater wisdom