

Authentic Restoration Workshop

presented by [Amidstthetrees.com](http://amidstthetrees.com)



Walk away from the experience with a sense of peace, energy, and a renewed commitment to the life-changing work you do!

Restorative Workshop for Caregivers

Friday April 24 2026 Eastman Nature Center in Dayton

This Authentic Restoration Workshop is a self-care experience to refresh your life force energy and step into an authentic alignment with yourself. Discover where your energy is stuck and heal through your capacity to restore through mindful exploration in nature, movement, body focused activities and self inquiry.



Time: 9:30 am - 4:30 pm

Where : Eastman Nature Center in Dayton MN

Cost: \$220.00- 10% off for multiple workshops

5.5 CEU's with the Board of Psychology-pending

Register at <http://amidstthetrees.com/>



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 licensed psychologist with over 30 years of experience working in mental health with a focus on trauma and recovery. She is curious about the overlap of somatic, psychological and energetic healing.