

Authentic Restoration Workshop



Restorative Workshop for Caregivers

June 26, 2026 Eastman Nature Center in Dayton MN

This Authentic Restoration Workshop is a self-care experience to refresh your life force energy and step into an authentic alignment with yourself. Deepen your well being in the natural rhythm of nature through mindful exploration in nature, body focused activities and self inquiry .

Where : Eastman Nature Center Dayton MN

Time: 9:30am-4:30pm Lunch on our own

Cost: \$220.00 10% discount for multiple workshops or bringing a friend

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 28 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.

