



2025 S.A. Lifeline Women's Workshop

THE COURAGE TO BE GENTLE ON YOUR HEALING JOURNEY

1255 S. 1000 E. Mapleton, Utah | September 5-6

FRIDAY		SATURDAY	
TIME	DETAILS	TIME	DETAILS
9:30-10:00 AM	Check In & Get Settled	7:30-8:00 AM	Breakfast
10:00-10:20 AM	Introduction to Workshop	8:00-9:30 AM	Debbie Reid - Therapist
10:20-11:00 AM	Get to Know You Game	9:30-10:00 AM	Break
11:00-12:00 PM	Breakout Sessions	10:00-12:00 PM	Art Therapy Craft
12:00-1:00 PM	Lunch	12:00-1:00 PM	Lunch
1:00-2:00 PM	Breakout Sessions	1:00-2:00 PM	Erin Valberg - Gentleness
2:15-3:45 PM	Adam Moore - Therapist	2:00-2:30 PM	Angel Whisper Activity
3:45-5:30 PM	Lauren Nielson - Breathwork	3:00-4:00 PM	Amber Parkinson - Yoga
5:30-6:30 PM	Dinner	4:30-5:30 PM	Discuss, Reflect, Journal
6:30-7:00 PM	Nature Walk/Free Time	5:30-6:30 PM	Dinner
7:00-8:00 PM	Campfire Surrender	6:30-7:30PM	Reflect & Share
		7:00-8:00 PM	Mingle

*This schedule is tentative and subject to change