



Rest & Rise Retreat Registration

Please take a moment to review the retreat schedule and our fabulous presenters' bios and workshops/experiences. When you've decided which sessions work best for you, please complete your **FREE** registration here:

<https://forms.gle/T6z5GRVaTAqk11WL8>

Rest & Rise Schedule

3:00- 3:15 Pre Session
Registration and Refreshments

3:15- 3:25 Welcome & Centering

3:30- 4:15 Session 1

A: Sound & Vocal Meditation
B: Caring for the Caregiver's Body
Chair Massage by Tranquil Therapy:
3:30, 3:45, 4:00

Guided Plant Walk with Nate Rupley
On Your Own: wander walks, banner piecing,
art table meditation, commons conversations

4:30- 5:15 Session 2

A: Our Voice: Understanding & Supporting Voice When We Lead
B: Yoga for All Bodies
Chair Massage by Tranquil Therapy:
4:30, 4:45, 5:00

On Your Own: wander walks, banner piecing,
art table meditation, commons conversations

5:30- 6:15 Dinner on the Patio

6:30- 7:15 Session 3

A: Ikigai: Joy as Leadership Sustainability
B: Radical Body Love (90 minutes)
Chair Massage by Tranquil Therapy:
6:30, 6:45, 7:00

Guided Nature Tour with Katrina LeFever

On Your Own: wander walks, banner piecing,
art table meditation, commons conversations

7:30- 8:30 Afterglow

Music & Mocktails for the Road

On Your Own: wander walks, banner piecing,
art table meditation, commons conversations

Rest & Rise Presenters & Workshops/Experiences



Ashley Stafford (she/her) is the owner of Tranquil Therapy Wellness, an orthopedic massage studio in downtown Lancaster. She specializes in myofascial work for chronic pain management, offering personalized care to help people reduce pain, improve mobility, and live more comfortably. Ashley is honored to serve the community with compassion, professionalism, and respect for every individual.

Chair Massage

Chair massage offers a simple, accessible way to reduce stress and invite the body into a state of relaxation. Even a brief session can ease muscle tension, calm the nervous system, and help release the physical effects of chronic stress. Many people leave feeling more grounded, refreshed, and better able to focus on the present moment. As part of a restorative experience, chair massage can support both emotional well-being and a renewed sense of energy.



Jess Fry (she/her) is a licensed therapist, certified intuitive eating counselor, body confidence coach and educator specializing in eating disorders and body dysmorphia. She owns EmBODY Confidence located in Ephrata, PA and primarily works with neurodivergent womxn and non-binary adults. She practices from a size-inclusive and social justice lens rooted in fat-acceptance principles, supporting clients of all body sizes to cultivate a healthier, more compassionate relationship with food, movement, body and self. She hosts retreats and workshops to encourage healing in community and is passionate about helping others accept themselves for who they are so they can live life unapologetically.

Caring for the Caregiver's Body

As professionals and leaders, many of us become disconnected from our own bodies, treating them as something to manage, fix, or ignore rather than a source of wisdom and safety. This gentle, experiential workshop invites participants to slow down and reconnect with their bodies through self-compassion and body appreciation practices. Together, we'll explore how building trust and safety within ourselves can deepen our capacity to support others in doing the same. You will walk away with practical tools to nurture a more compassionate relationship with your body and simple practices you can return to long after the retreat.



Jenny Bones (she/her) began her teaching journey in 2018. She is a 200HR E-RYT with Yoga Alliance, a certified Yoga for All teacher, Tai Chi Easy Method Certified Community Practice Leader, and owner of Black Cat Yoga. Jenny is a Fat, Neurodivergent, Queer, Body Positive Wellness Leader and forever student of all things. Jenny's core beliefs center consent, accessibility, and trauma informed practices that promote self exploration and celebration.

Yoga for All Bodies

This is a Hatha style class, but slowed down significantly to allow room for body awareness and curiosity. Class begins with centering (mindfulness) and a breathing exercise. Then we explore asana (poses) together as a group. We take time to build the poses from the ground up, and I give lots of options for each one. This way, you can choose your own adventure and decide how you want to explore. Perhaps you want to challenge yourself by trying something new. Maybe you find that subtle movements are what your body needs that day. Whatever your individual needs are, I will be there to help keep you safe, and guide you along the way. Class always ends with savasana (quiet relaxation/meditation). Everyone is worthy of Joyful Movement. In a class with Jenny, you can expect approaching poses from the perspective of space, trust that **you** know what's best for your body, and a class taught through a trauma informed lens. This isn't your usual yoga class, this is a safe space for inner peace.

Radical Body Love (90 minute session)

Radical Body Love is a safe and supportive space for you to discover and explore your own personal yoga practice. We will look at the history and philosophy of yoga and how it applies to taking a yoga class in 2026 when you belong to a marginalized community. We will explore self acceptance, self celebration, and the right to take up space. You will learn how to use props to support your practice and how to build your own adaptations for common poses. My hope is that you find the confidence to attend any movement class with the power to take ownership of your practice and explore movement in a way that feels good in your body.



Jen Rose (she/her) is a singer, voice teacher, composer, and founder of ResonateYou, a voice studio dedicated to helping people discover healthy, authentic, and joyful voice use through singing and performing. With more than 25 years of teaching experience, Jen works with students of all ages and abilities, and leads monthly wellness singing circles that foster connection, movement, and well-being.

Jen holds a B.A. in Music from Gettysburg College and an M.A. in Music Theatre from New York University. She has completed advanced training in The Somatic Voicework® Method, as well as sound therapy through the Vibrational Sound Association (VSA) and Soundwise Health's ReikiVoice. She is currently completing a year-long Vocology Certification through Lamar University, further deepening her expertise in the science and care of the human voice. Learn more at www.resonateyou.com.

Sound & Vocal Meditation:

Also known as a sound bath or sound immersion, Sound & Vocal Meditation combines the singing voice with instruments such as metal singing bowls, crystal bowls, chimes, percussion, chanting, and vocal toning to create an immersive soundscape that supports deep relaxation and meditation. As you rest and receive, the sounds can help quiet the mind, encourage the body to relax, and create space for emotional, mental, physical, and spiritual well-being. No prior experience is needed—simply come as you are. Participants are invited to lie down or sit comfortably during the experience. Please bring a yoga mat, blankets, pillows, an eye mask, and anything else you need to feel warm, supported, and at ease.

Our Voice: Understanding & Supporting Voice When We Lead

Many leaders use their voices all day long but have never been taught how they actually work. You have a unique opportunity to learn that your voice is an instrument worth understanding and caring for—not just when it's injured, but every day. Whether you're leading a meeting, facilitating a worship service, speaking at an event, or singing with a group, your voice is one of your most important tools. In this interactive workshop, you'll gain a basic understanding of how the voice works from the inside out and learn simple, evidence-informed strategies to keep it healthy and resilient. We'll explore breath support, reducing unnecessary throat tension, healthy vocal habits for everyday life, and what to do if your voice starts to feel tired or strained. You'll leave with practical techniques you can begin using immediately to support your voice for the long haul.



Angie Chelton (she/her) is a licensed therapist in the state of Pennsylvania specializing in trauma related to reproduction and childbirth. She is deeply committed to supporting human healing and the restoration of human wholeness through trauma-informed relationship, compassionate presence, and the creation of spaces where people can experience belonging and renewal. Angie is also the pastor of Pilgrims Mennonite Church in Akron, PA the host of the Rest & Rise Retreat. Grounded in her faith, Angie feels a spiritual call to participate in acts of reparation in response to the ways the church has caused harm to LGBTQIA+ communities. She is committed to moving faith communities toward greater accountability & welcome and believes that healing is possible when we acknowledge harm and commit ourselves to repair.

***Ikigai*: Joy as Leadership Sustainability**

Ikigai offers a framework for understanding that joy is an essential resource for diligent, resilient leadership. We'll reflect on *ikigai*, the Japanese concept often described as "that which sustains you." Through guided reflection, conversation, and interactive exercises, you'll identify the practices, relationships, and sources of delight that help sustain you. Designed with queer leaders in mind, this session invites participants to reclaim joy as a strategy for longevity, creativity, and collective liberation. You'll leave with practical insights and a personalized framework for cultivating a leadership practice rooted in purpose and delight.



Nate Rupley (he/him) A local flora expert, Nate has a deep appreciation for traditional knowledge and the resilience of indigenous communities around the globe. His expertise spans indigenous crafting skills, edible and medicinal plants, foraging, and bushcraft, with a particular interest in how ancient humans lived sustainably in natural environments.

Passionate about pre-agricultural societies, Nate explores the lifeways, technologies, and knowledge systems that shaped human survival long before the advent of farming.

Rest & Rise Plant Walk: explore the rich diversity of local plants and the traditional knowledge they carry. Learn to identify native species, discover their ecological and cultural significance, and explore how they have long supported nourishment, healing, and everyday life. More than a walk, this is an invitation to slow down, restore your connection with the natural world, and discover sustainable practices of rest and self-care.



Katrina Lefever (she/her) is a healer whose work begins with the belief that caring for the earth is also a way of caring for people. She expresses this calling through sustainable landscaping, ecological restoration, and the creation of native plant and pollinator habitats that invite both wildlife and human life to flourish. Katrina has helped lead the restoration of the MCC grounds into a thriving mosaic of woodlands, water features, and native gardens, demonstrating how even modest

spaces can become places of beauty, biodiversity, and renewal. Her work reflects a deep commitment to healing relationships between people and the natural world, creating environments that inspire wonder, rest, and connection.

Rest & Rise Nature Tour: Join Katrina for a guided grounds tour showcasing native plantings, pollinator habitats, sustainable landscaping, and wildlife-friendly practices. Discover how environmental sustainability cares for flora, fauna, and human beings alike. Through observation & storytelling participants will gain a deeper appreciation for native plants and sustainable practices and the roles they play in personal and ecological healing.

Undirected Time at Rest & Rise: Recognizing the restorative power of undirected time, we welcome you to NOT schedule activities in each session. Instead, we offer you several self-directed activities that you may engage to fill your cup:

Meditative Art Table:

Pause, create, and restore at our meditative art table. Explore calming activities like yarn wrapping, Zentangles, and molding air-dry clay purpose stones while experiencing how simple, mindful creativity can support emotional wellness and reduce stress. Create take-aways for future use.

Community Commons:

Gather in welcoming spaces for informal conversation, quiet connection, and shared presence. Community Commons offers an opportunity to nourish the soul, nurture relationships, and experience the simple gift of belonging together.

Banner Piecing: Contribute to a collaborative banner making project in a spirit that celebrates connection, belonging, and creativity. Through the mindful practice of fiber crafting together, participants can build community, express themselves, and experience the calming, restorative benefits of shared artistic creation.

Wander Walk:

Slow down and wander in silence through beautiful natural spaces, allowing your senses to awaken to the sights, sounds, and rhythms of the living world. This gentle practice invites rest, reflection, and the restorative connection that nature offers to body, mind, and spirit.

Catering



Griddle & Grind Cafe is a locally owned café and creperie located in the heart of downtown Ephrata, PA. Since opening in 2018, it has become known for its handcrafted sweet and savory crêpes, specialty coffee, and warm, welcoming atmosphere. Beyond its food and hospitality, Griddle & Grind has become an important community partner for LGBTQ+ inclusion in Lancaster County. The café has hosted fundraising events including family karaoke nights that raised money for local LGBTQ+ programs, and it has provided space for gatherings such as Dungeons & Dragons nights specifically for queer teens and their allies. These events create affirming, visible, and accessible spaces for LGBTQ+ people in northern Lancaster County while supporting organizations that connect community members with resources and safe social opportunities. We are grateful to enjoy their nourishing creations during Rest & Rise's dinner!

For more information see: PilgrimsMennoniteChurch.org/rest-rise/