Reset

An adult retreat to restore and refresh
September 12-14, 2025

As we welcome the season of autumn, take a step back from the busyness of daily life to reset your mind, body and spirit.

Dogwood Acres

Meet our Leaders!



Dawn Griffin
Keynote

Dawn Griffin, Florida Trail Association member involved in building and maintaining hiking trails since 11984. She enjoys creating philanthropy projects with Quilters Unlimited, reading and yoga. She will be speaking on the benefits of walking in the woods on our mental health, forest bathing and mindful meditation with a bear named Pooh.



Amanda Cannon
Yoga Instructor

Amanda Cannon is an experienced and certified yoga teacher who is trained in many styles of yoga. She has been teaching in the Tallahassee community for over 10 years. Currently she teaches in her small Restorative Yoga studio inside her home, at Premier Health and Fitness Center, Westminster Oaks and at Faith Presbyterian Church.



Sheldon Steen
Worship Leader

As a (nearly) lifelong Presbyterian, Sheldon has been working in ministry for eighteen years, earning a Master of Divinity and Master of Theology from Columbia Theological Seminary. He received his PhD in Religion from FSU in 2023. He was called to Christ Presbyterian Church in June, 2020.