



2026 PSW Area Day Workshops

11:00 AM to 12:15 PM SPIRITUAL NURISHMENT WORKSHOP BLOCK I

1A. “Sounds of Silence: A Transformative Sound Bath & Breathwork Session” – with Lauren Deja

Immerse yourself in soothing 432Hz crystal bowl frequencies and guided three-part breathwork designed to release tension, realign your energy, and bring you home to peace within.

Presenter: Lauren Deja, a certified breathwork practitioner since 2013 and Kihara trainer since 2011, will lead you on this transformative journey. These sessions blend over 13 years of experience in natural healing, meditation, and energy work. Bring a yoga mat, if you have one. Some will be available.

1B. “Exploring the Legend of Miriam’s Well Through Jewish Meditation and Text” – Meditation with Rabbi Steven Folberg

Rabbi Steven Folberg, the rabbi at our host congregation, Temple Emanuel of Tempe, will lead a guided and silent meditation on the themes of the day. The session will include a discussion of the text sources that form the basis of the legend of Miriam’s Well.

Presenter: Rabbi Folberg joined Temple Emanuel as our new settled rabbi in the summer of 2025. Previously, he was the senior rabbi at Congregation Beth Israel in Austin, Texas for more than 30 years and the Interim Rabbi at Falmouth Jewish Congregation in Falmouth, Massachusetts last year. Rabbi Folberg is fascinated by the work being done on the intersection of Judaism and mindfulness practice, meditation, and yoga. He loves teaching students of all ages. You will find his session relaxing, informative, and friendly.

1C. “Women’s Self-Defense: Reclaiming Personal Power” – with Kymmie Johnson

This workshop will be a fun, functional, and empowering women’s self-defense class. Self-defense training empowers women to set boundaries, make informed decisions, and stand up for themselves in all areas of life.

Presenters: Kymmie Johnson, a 4th Degree Black Belt, has owned a dojo for over 10 years. She incorporates unique drills, techniques, and training methods for women to get into great physical condition, strengthen their mental focus, build self-confidence, and improve their efficiency and abilities to help them reach their optimal peak performance. Master T (Tarrence Alfred) is a Martial Arts Master with a unique range of accomplishments and experiences. With a career spanning over several decades and over 10,000 students and clients, his passion for helping to better society has made him a highly sought after expert in the industry.

1D. “Dive Deep into Your Own Waters: Paint Your Own Daily Spirit Cards” – with Sandy Gatlin

Let your hands be guided by your heart with a paintbrush, a palette knife, bright colors, and your intuition. Create your own daily Spirit Cards to ground and inspire you every day.

Presenter: Sandy Gatlin is a professional Artist and Art Instructor, featured at the Fountain Hills Artists’ Gallery in Fountain Hills, Arizona. Check out the gallery website, www.gatlingalleries.com. Sandy is also a Past WRJ Pacific District President (2008-2010).



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2:15 PM to 3:30 PM EMPOWERMENT WORKSHOP BLOCK II

2A. “All of Us is Better Than One of Us : Building Strength with Teams” – with Flo Cohen and Lillian Silver

A creative approach to working with others allows you to think differently and find solutions. One person, one jug (without G-ds assistance) cannot supply a village with water. It takes people working together to provide the sustenance necessary to thrive. Build your skills working together and discover your new strengths.

Presenters: Flo Cohen and Lillian Silver, WRJ Pacific District Co-First Vice Presidents, WRJ Board Members. Flo is a member of Temple Sinai, Glendale, CA. Lillian is a member of Women of Temple Beth Hillel, Valley Village, CA.

2B. “Women in Motion: The Power Within” – with Dawn Marie Ryan

This uplifting workshop blends gentle movement, breathwork, and visualization to help women reconnect with their bodies, release tension, and awaken inner strength. Inspired by Miriam’s dance, it celebrates liberation, resilience, and the power of women’s expression, honoring that each of us carries life differently and inviting you to move in ways that feel natural, unique, and true to you.

Presenter: Dawn Marie Ryan brings over 25 years of experience from the Life Coaching and Wellness Industry to her HP Coaching. Dawn empowers individuals to break through limiting beliefs and live a balanced, purposeful, and joyful life. Her coaching approach combines compassionate challenge, intuitive insights, and practical strategies.

2C. “Thinking Outside the Box: When All Else Fails, Try, Try Again”- with Dana Adler

Want to reset your Sisterhood to attract newer, younger members while acknowledging the history and contribution of your matriarchs? Think big but start small. Please bring 2 to 3 topics you would like to discuss or send them to Dana Adler in advance at danaa@me.com. Ideas include: challenges within your Sisterhood, goals your board would like to accomplish, something fun your Sisterhood has done, or anything else!

Presenter: Dana Adler is from Tucson, Arizona. Dana has held many leadership positions including Temple, Sisterhood and WRJ Pacific District President 2018 to 2020. She also served on the steering committee for the merger of Temple Emanu-El and Congregation Or Chadash to form Kol Ami Synagogue in Tucson.

2D. “Doodle to Discover: How Losing Direction Helps Us Find Meaning” – with Stacey Zackin

Sometimes the best discoveries happen when we stop trying to control the outcome. Through doodling, daydreaming, and Jewish wisdom, this workshop helps us bypass perfection, awaken imagination, and uncover the values that guide a fulfilling life. Using creative expression as our compass, we’ll explore how Judaism reminds us to embrace curiosity, trust the journey, and find purpose in unexpected lines, shapes, turns, and possibilities.

Presenter: Dr. Stacey Jill Zackin is a values-based life coach, educator, and facilitator who blends psychology, creativity, and Jewish wisdom to help people live with intention and joy. As a Professional Certified Coach (PCC), Stacey is known for blending storytelling, doodling, and reflective practices to help individuals reconnect with their inner strength, purpose, and values. Learn more at www.theCoach4you.com.