

Women’s Happenings

Moab’s Second Annual Women’s Festival Invites You to Take a Deep Breath

After the runaway success of last year’s debut, the Moab Women’s Festival is back—bigger, bolder, and more relaxing than ever. Organizers Toni Sicola and Teresa Herd have expanded the event into a full weekend experience, transforming last year’s foundation into something even more magical: **Decompress Fest**.

This year’s festival will take place over two days, September 13–14, and promises a thoughtfully curated lineup of workshops, live performances, local vendors, and opportunities to connect. On **Saturday, September 13**, attendees can participate in a full day of guided activities led by women artisans, yogis, teachers, musicians, adventurers, and creatives.

Festival goers—as well as the community at large—can also take advantage of a flash tattoo salon at the Moab Arts & Recreation Center (111 N. 100E.). Four women tattooers will set up shop with a creative offering of flash designs in each artist’s signature style. Then on **Sunday, September 14**, the festival returns to the spacious lawn of the **Aarchway Inn** for a full day of **live music, comedy, food, drinks, and chillin’**. Doors will open at 12:30 with opening remarks kicking off at 1:30. We’ll plan to wrap the show at 8pm.

Set against the stunning backdrop of the Portal with plenty of grass and open sky, the Aarchway Inn provides one of Moab’s most underrated venues—perfect for stretching out, relaxing, and taking in the desert air during our favorite season in Moab.

The organizers have designed **Decompress Fest** to stand out from Moab’s already rich calendar of events. Their goal: to create a welcoming space that highlights women’s



Audrey Graham

creativity and entrepreneurship while inviting the entire community to engage, connect, and breathe. “Everyone is welcome to join us in one big collective sigh,” said co-organizer Teresa Herd.

A **two-day ticket** includes unlimited access to Saturday’s workshops and full access to Sunday’s festivities at the Aarchway Inn. Sunday-only tickets are also available.

Herd and Sicola also invite **everyone in the greater Moab community to join them for a FREE Show** at the Helipad the evening of September 13th—**Drag, Drop, and Decompress** hosted by the ever-talented and fabulous drag queen, White Chocolate. The night will include pole dancing, a drag performance, more live music, a DJ set, and maybe even some sneak peeks of what’s to come on Sunday!

This year’s entertainment lineup is stacked.

The hilariously talented **Amy Geist** will serve as emcee and performer, offering much-needed comic relief. The musical slate includes nationally touring acts as well as local favorites, **Toni and the Enablers**. Headliner **Jenn Grinels** will bring powerhouse vocals, relatable lyrics, and unforgettable energy. Also performing are: **Raye Zaragoza**, whose empowering, feminist songwriting and recent Broadway tour (as Tiger Lily in *Peter Pan*) have earned national acclaim; and **Abbey Posner**, a multi-instrumentalist known for her genre-bending, playful approach to music. Kicking off the day will be a sneak peek of *Leaving a Trace*, a locally-written community musical that will be running at the MARC September 25th-28th. See article on page #

Just like last year, organizers will recognize a new

TrailblazHER—a local woman who shines bright in our amazing community. Last year’s recipient was Audrey Graham, recognized for her immense impact across the many decades she’s been a resident. Nominations are still open; head to <https://moabwomensfestival.org/#trailblazher-award> to enter.

On Sunday, attendees can also browse an **expanded marketplace of local artisans** offering handmade crafts, jewelry, and wellness goods. “We want to build on the magic of last year and grow this festival into a town treasure that people look forward to,” said Sicola. “There’s so much talent in Moab. It’s such a joy to see that being shared with locals and visitors alike.”

Proceeds from the festival will benefit **SeekHaven Family Crisis Center and Women’s Business Center of Utah**.

As the festival weekend approaches, the organizers emphasize the importance of building an inclusive space where everyone feels inspired, uplifted, and welcome to freely express themselves.

Mark your calendars for September 13–14 and join us for Decompress Fest: the Second Annual Moab Women’s Festival.

For more information and to get tickets, visit moabwomensfestival.org. Space for Day 1 activities is limited, so don’t wait to grab your spot.

To get involved, email toni@moabwomensfestival.com or teresa@moabwomensfestival.com. While vendor applications are now closed, there’s still room for **volunteers and sponsors!**

And be sure to mention you read about it in the *Moab Happenings*.



Schedule of events

Moab Women’s Festival invites you to Relax and Decompress with Workshops and experiences. For locations and Tickets go to www.moabwomensfestival.org

September 13, 2025

10am to 5pm: All-Women Artist Flash Tattoo Salon at the Moab Arts and Recreation Center. Presented by the Moab Women’s Festival (Open to the public)

- 10am AND 12:30pm:** 9D Breathwork with Letia Perry
- 10am AND 2pm:** Dirt Therapy Off-Road Adventure with Outlaw Off Road Adventures
- 10am:** Body Care from Your Kitchen Cabinet with Emily Stock
- 11am AND 2pm:** Breath, Shape and Shine Silversmithing Class with Asia Raine
- 11am:** Rhythm and Release with Moab Taiko Dan
- 11am:** Meditation & Chanting: Return to Calm with Monica Stankovicova
- 12pm:** Power Down Yoga with Desert Power Yoga
- 1pm:** Rest and Digest: Optimizing Digestion with Emily Stock
- 1:15pm:** Decompress Yoga with Desert Power Yoga
- 1pm AND 3:15pm:** Intro to Heart Coherence and the Physiology of Emotions with Sara Cook
- 3:30pm:** Restore with Mantra: Cultivating Peace and Rest with Darcy Nelson

September 13, 2025

7-10pm - Drag, Drop, and Decompress at the Helipad, Sponsored by the Moab Women’s Festival (FREE and open to the public)
Helipad 239 W Center St, Moab
Join us for the variety show of a lifetime—kicking off this year’s Decompress Fest with drag, The Butch Cassidies, Amy Geist, pole dancing, hula hooping, live music, and more. This event is FREE and open to the public. Come enjoy a bite from Moab Kitchen and dance your pants off!

September 14, 2025 - Aarchway Inn

The Decompress Fest: Moab Women’s Festival invites you to Relax and Decompress with comedy, music, vendors and the Stargazer. Tickets required. Go to www.moabwomensfestival.org

Moab Women’s Festival

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For tickets, full schedule and information, visit:
www.moabwomensfestival.org

SEPTEMBER 13: ALL DAY!
Workshops and experiences
10am–5:30pm

Flash Tattoo Salon: Open to the Public! 10–5:00 The MARC, 111 E 100 N

Drag, Drop & Decompress
Free & Open to the Public! 7–10pm
Hearthspace, 239 W Center St.

SEPTEMBER 14: 1:30–8:00
Aarchway Inn, Moab

Jenn Grinels
Headliner

“Grinels steals the show ... a rock and roll temptress conjuring musical spells that no one could resist.” –San Francisco Examiner





AMY GEIST:
Stand Up and Event MC



RAYE ZARAGOZA
Singer Songwriter



ABBY POSNER
Singer Songwriter



TONI & THE ENABLERS
Singer Songwriter

- 12:30pm** - Doors Open! Come in, grab a spot in the shade, and check out our amazing vendor market
- 1:30pm** - Opening Remarks
- 1:45pm** - Sneak Peek of Leaving a Trace, Community Theater Project
- 2:15pm** - Toni and the Enablers

- 3pm** - Amy Geist, Stand Up Comedian
- 3:45pm** - Abby Posner
- 5pm** - Raye Zaragoza
- 6:15pm** - TrailblazeHER Award Presentation
- 6:45pm** - HEADLINER, Jenn Grinnels