

Spirit Mountain Retreat

Idyllwild, California



Return to Yourself

A Resiliency Retreat for Women Veterans with PTSD

(Diagnosed or undiagnosed PTSD - independent of source or time of trauma - resulting from either physical or moral injury received before, during or after military service)

There are wounds that never show on the body that are deeper and more hurtful than anything that bleeds.
- L. Hamilton



This is a chance to grow, to reconnect with yourself in a safe and supportive environment without having to relive any trauma. Learn some helpful skills in the beauty of the Southern California forest.

Come join others in resiliency skills training, ceremony, journaling, meditation, equine (horse) therapeutic experiences, self-care, energy healing.

January 24-27, 2019

March 7-10, 2019

May 2-5, 2019 (new dates)

Thursday 2:00 pm to Sunday 2:00 pm

Facilitators: Callie Wight, MA, RN and Mary Morse, Spirit Mountain Director

If you've attended before, please come back!

No charge for participants | Carpools coordinated

Transportation from greater LA area provided if necessary

Reservation requested ASAP - this workshop fills very quickly

To register please contact:

951-659-2523 or info@spiritmountainretreat.org

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Grant funding for this project by: Sisters, Servants of the Immaculate Heart of Mary Ministry Fund and Trust for the Meditation Process