



Retreat for Veterans with PTSD

Are you struggling with Post Traumatic Stress Disorder (PTSD)? If so, this Camp Resilience retreat may be just right for you. This retreat is designed to help veterans with PTSD and will feature iRest, a proven and effective approach to using yoga nidra meditation and deep relaxation techniques to overcome trauma. There will also be workshops on coping skills (wellness) for adding more happiness and wellness to one's life and enhancing one's resilience.

In addition to workshops, the retreat will include challenging team-building activities at the Escape Hour House and sports activities like snowshoeing, downhill skiing, yoga and water aerobics.

Lodging, meals and activities are all provided at no cost to the participants, but they must arrange their own transportation to/from Gilford, NH.



WHO: Veterans with PTSD

WHEN: Jan 9th–12th, 2018

WHERE: The Gunstock Inn
580 Cherry Valley Rd
Gilford, NH

APPLY: <http://prli.us/apply/>

For more information about Camp Resilience go to <http://prli.us> or www.facebook.com/CampResilience

Send questions to info@prli.us or call (978) 219-4003.