



Women Veterans
Wellness Retreat

18 November 2023



This guide belongs to:

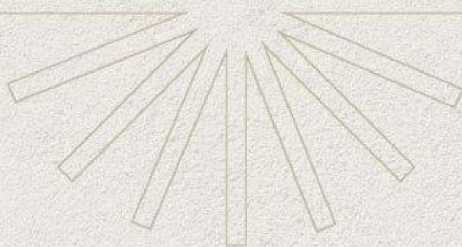




About BattleBetty Foundation

BattleBetty Foundation is the journey of a Marine and the unwavering support of her Blue Star Mom. BattleBetty was started in 2018 by DeAndria Hardy, with a focus on providing support for fellow women veterans. Initially programming only including Peer Support meetings occurring in spare classrooms or coffee houses around Spartanburg. With DeAndria's mom, Karen, providing everything from encouraging support, transportation, snacks, to motherly hugs for any fellow veteran in need.

Over time, BattleBetty Foundation grew to providing essential items for women in need at homeless veteran stand downs after realizing the glaring gaps in items available for women. BattleBetty began providing hygiene kits and performing street outreach.



Shannon Claxton

Shannon is a passionate and incredibly talented mindfulness teacher, who educates leaders and veterans using manage stress one deep breath at a time!

She is known for her adaptive yoga classes for most disabilities and beginners and her ability to empower her students on and off the mat.

Shannon is certified as a trauma informed resilience yoga teacher, a combat veteran and the creator of the Wellness Empowerment Deck, a compact and powerful mindfulness resource for veterans

www.themochayoga.com



Kelsey Hicks-Bunns

Kelsey is a highly skilled and intuitive healer cultivating opportunities of rest, joy, and rejuvenation for womxn and people of color to explore self-care as a necessity instead of as a reward.

She hosts sound immersion experiences, reiki sessions, and workshops on a variety of modalities for self-care virtually and in the metro Atlanta area.

Kelsey is the leader of Sisters of Sage, a virtual womxn's collective and the curator of Sage Your Soul, an immersive sound experience.



www.tendandsage.com

Event Schedule

 Saturday 

09:45 AM

Waiting Room Opens

10:00 AM

Welcome!

10:15 AM

Chair Yoga For Veterans
Embracing The Flow

11:00 AM

Sound & Vibrational Therapy
Comforting the Woman Within

11:45 AM

BREAK

12:00 PM

Breathwork for Veterans:
Enhancing Your Focus & Resilience

12:30 PM

Guided Affirmations:
ReAffirming the Warrior In You

1:00 PM

Thank You!

Pre Retreat Self-Reflection

Take some quiet time to reflect on these questions and prepare your mind and soul for the retreat.

WHAT DO I EXPECT FROM THE RETREAT?



HOW AM I SHOWING UP?

WHAT DO I NEED TO LET GO OF?

WHAT DO I NEED MORE OF?

In any space you occupy

REFLECT DEEP KINDNESS TO YOURSELF.

This is about you, who you are across your being, and how you want to exist. Kindness requires forgiveness and reconciliation with yourself and the unconscionable burden you bear to assimilate in a space not created for you or by you.

SPEND TIME WITH YOURSELF.

Turn off social devices, get offline, and center yourself. If you can't be present with yourself, you may miss the gift of your presence. Get to know yourself without the mask.

LET YOUR MORAL, SPIRITUAL, OR RELIGIOUS COMPASS GUIDE YOU.

The compass of your life is there to provide balance and to be the tools you need when times are tough. Lean on the people and spaces around you to support, uplift, and encourage you.

BE INTENTIONAL AND CONSISTENT.

Carve out time dedicated to you. Caring for yourself should become as routine as bathing, eating, and sleeping. Make time for things that make you better. Prioritize them like your life depends on it.

FLOW LIKE WATER.

You might begin with your thoughts and beliefs going one direction and discover that they need to flow a different direction. Give yourself the freedom to let life and perspective change. You are not meant to be stagnant in any areas of life.

Chakra Guidance

Crown Chakra, Sahasrara

Focus: Enlightenment, Spiritual connection

Third Eye Chakra, Ajna

Focus: Intuition, Awareness

Throat Chakra, Vishuddhā

Focus: Verbal expression, Communication

Heart Chakra, Anahata

Focus: Love, Connection

Solar Plexus Chakra, Manipūrā

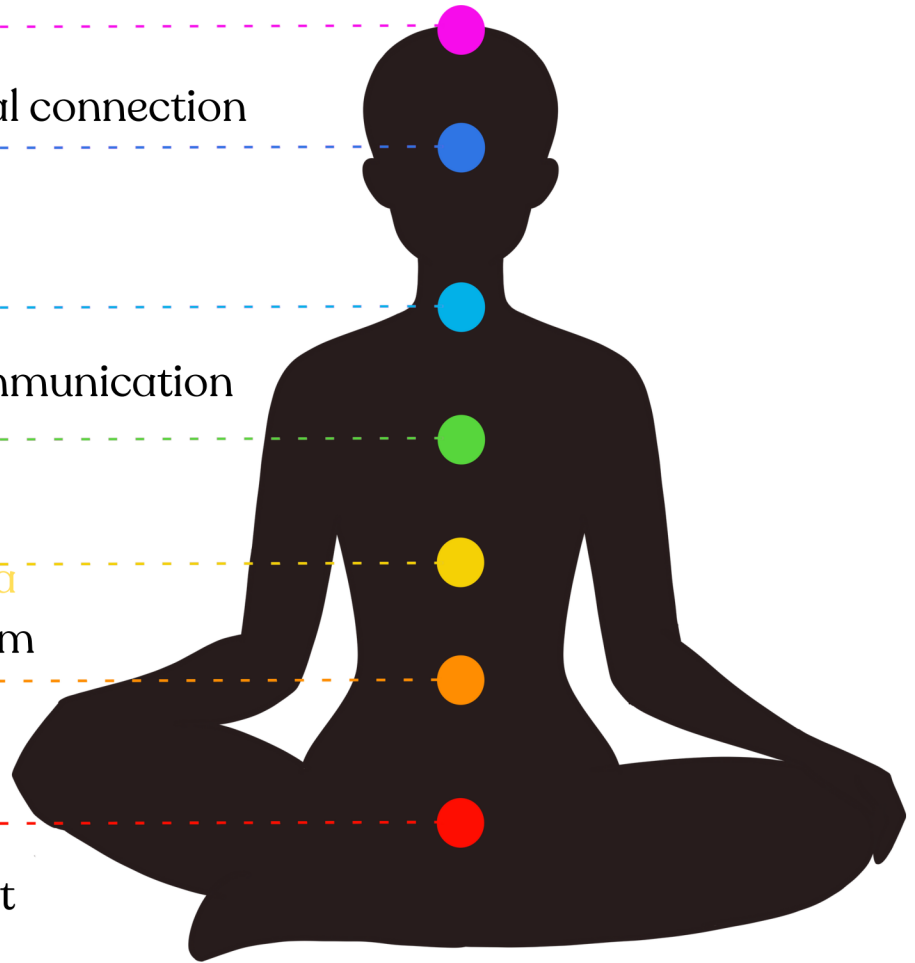
Focus: Personal Power, Wisdom

Sacral Chakra, Svadhisthāna

Focus: Creativity, Pleasure

Root Chakra, Muladhara

Focus: Stability, Security, Trust



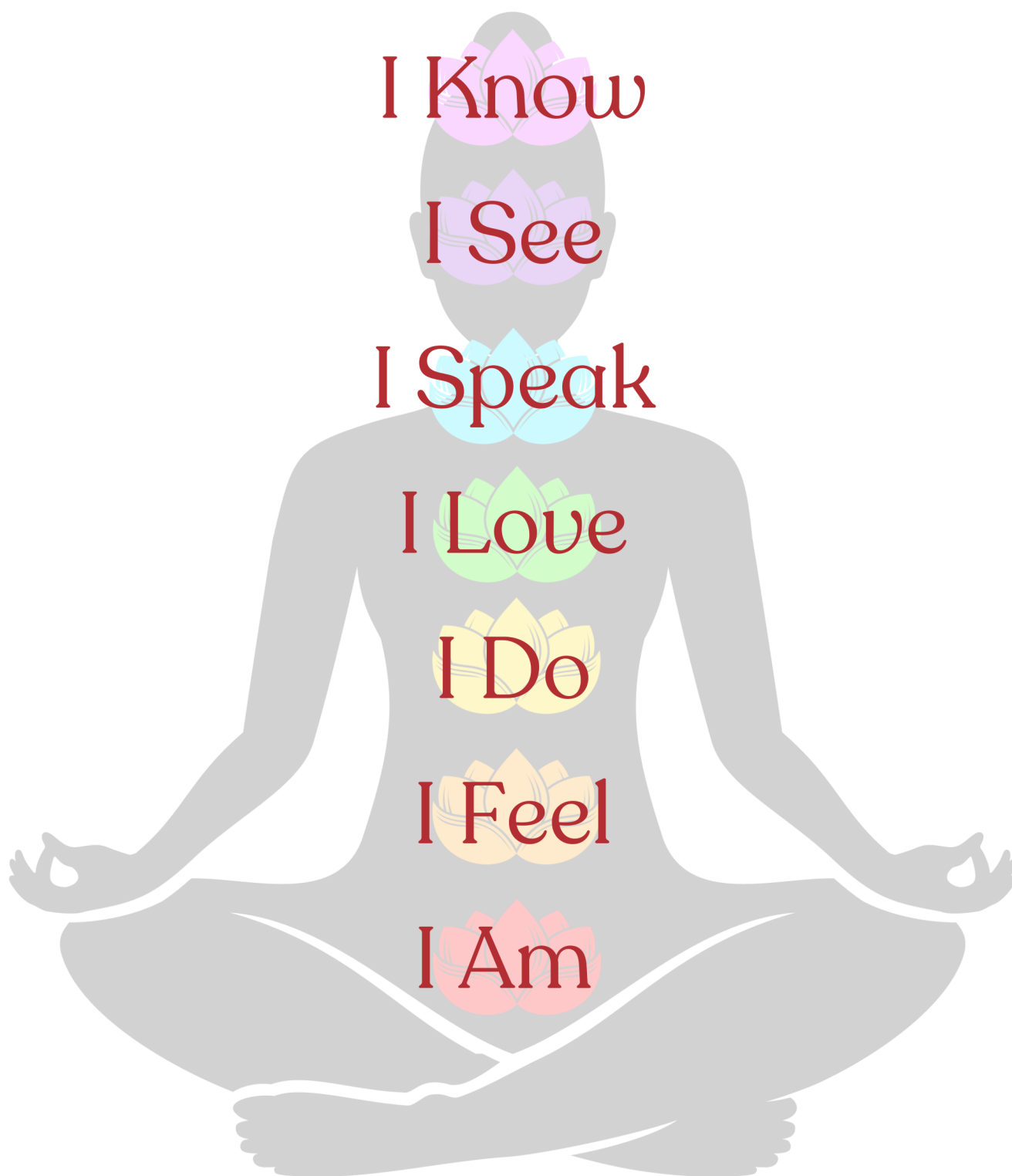
Notes

Chakras are navigated from root up to crown.

The image shows you the general location of the chakras in the body.

While there are believed to be more than 100 chakras, we use the 7 main energy fields aligned along the spine.

Chakra Affirmations



Example **Chakra Affirmations**

I Know My Beauty is True

I See Beauty Within Me

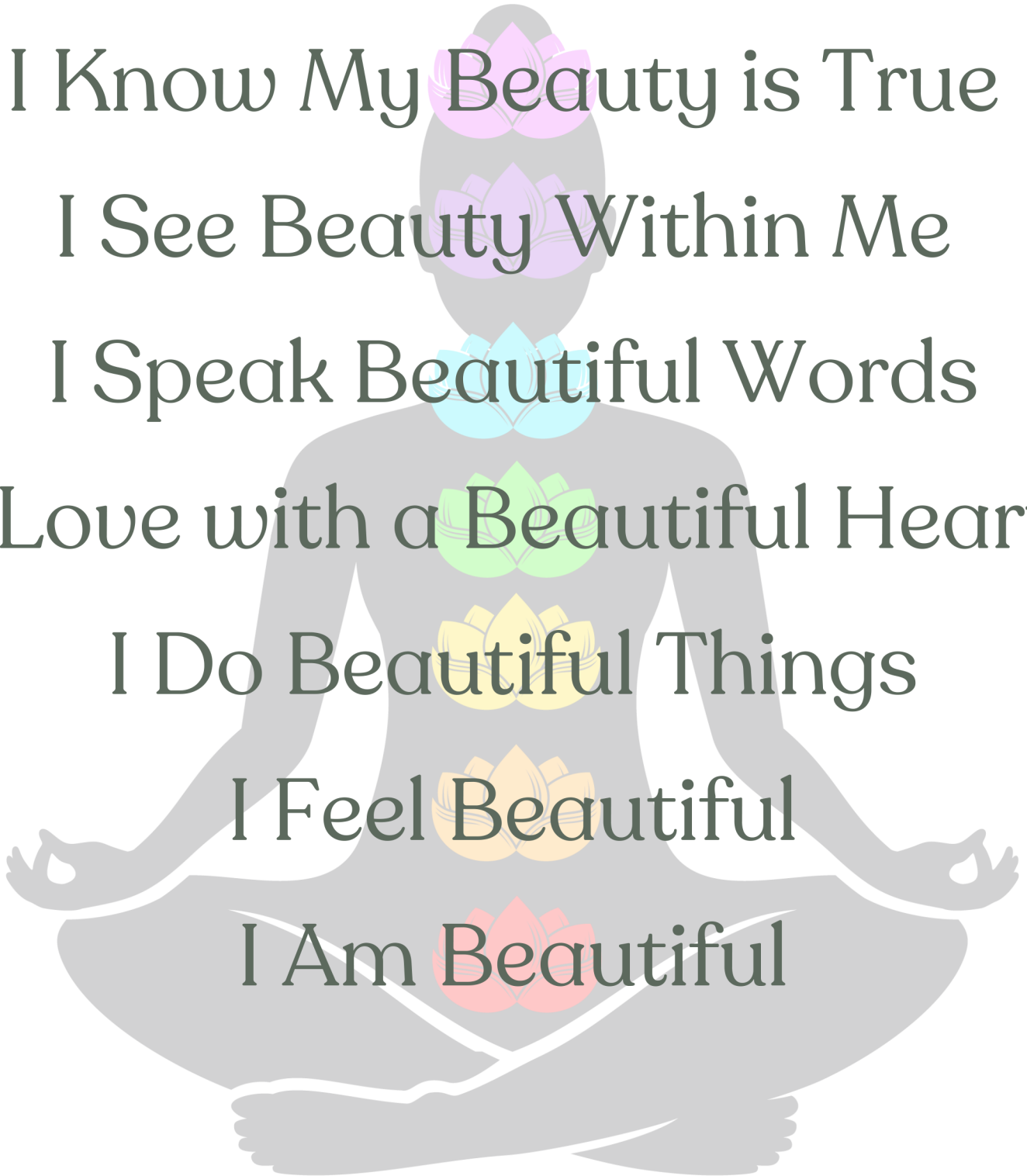
I Speak Beautiful Words

I Love with a Beautiful Heart

I Do Beautiful Things

I Feel Beautiful

I Am Beautiful



Chakra Affirmations

I Know _____

I See _____

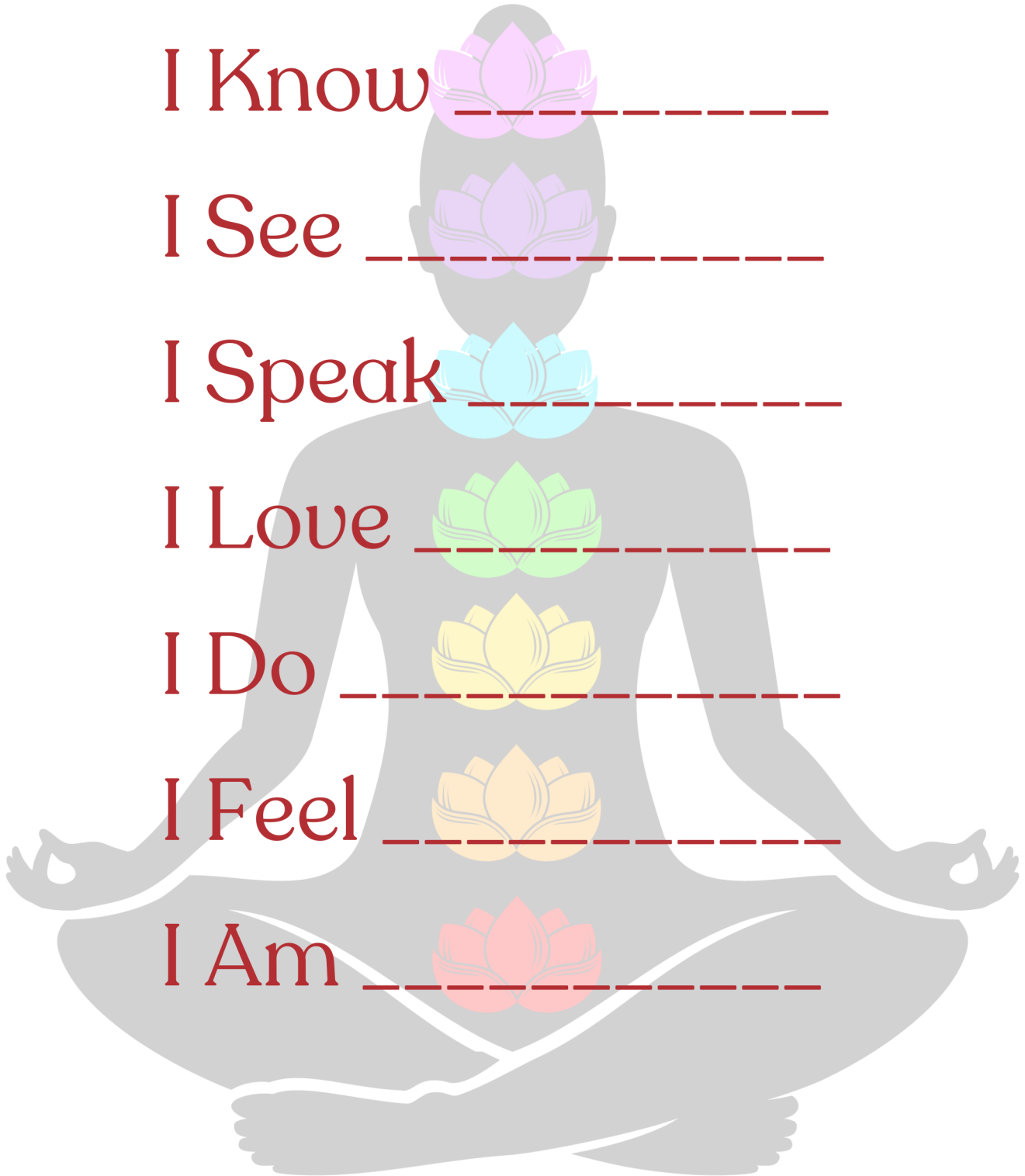
I Speak _____

I Love _____

I Do _____

I Feel _____

I Am _____



"CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION, AND THAT IS AN ACT OF POLITICAL WARFARE."

-AUDRE LORDE

"IT'S HARD TO TAKE THE TIME OUT TO DO SELF-CARE, BUT IT IS THE MOST IMPORTANT THING YOU CAN DO. WHATEVER WORKS FOR YOU, WORKS FOR YOU."

-DEANDRIA (BATTLEBETTY FOUNDATION)

"I do know one thing about me: I don't measure myself by others' expectations or let others define my worth."

-Sonia Sotomayor

Self-care is so much more than a beauty regimen or an external thing you do. It has to start within your heart to know what you need to navigate your life. A pedicure doesn't last, but meditating every day does.

-Carrie-Anne Moss

"When I was lost in the solid dark of depression...I had to develop a practice of thorough self-care and intense self-protection just to keep going—to get up every day, to keep moving, to keep living. And I promised myself that if I were ever allowed to feel joy again, I was going to grab it and hang on to it like a life raft on the high rolling seas."

-Melvina Young

"If you believe that you're beautiful and that you're powerful, that's what you exude. Deciding some really positive things about yourself is powerfully important."

- Shonda Rhimes

"On an average day, most of your stress comes from the way you react and not the way life is. Affirm just for today, I refuse to stress about anything out of my control. Develop inner awareness and don't let your emotions sweep you away..."

-Shannon {The Mocha Yoga}

Living authentically is giving yourself permission to define who you are and how you are wherever you are. It is the intentionality to say, 'Who I am as I am is enough for me wherever I am.' and mean it!
-Kelsey (Tend and Sage)

"The most common way people give up their power is by thinking they don't have any."

- Alice Walker

Post Retreat Self-Reflection

Take some quiet time to reflect on these questions and prepare your mind and soul after the retreat.

HOW DID THE RETREAT HELP ME?

WHAT DID I LEARN FOR MY JOURNEY?

WHAT CAN I PASS ON TO ANOTHER WOMAN VETERAN?

WHAT IS MY SELF-CARE PLAN?