

June 14-23, 2022



Veteran Testimonial

https://www.youtube.com/watch?v=gt8q-_Eaomk

Single room: \$1400 Shared room: \$850/person
Funds available to help with partial scholarship

Veteran Retreat

St. Benedict Monastery

Snowmass, Colorado

This unique retreat integrates hydrogenesis at the mineral hot springs in Glenwood Springs, yoga, centering prayer, trauma release exercises, ear acupuncture and neuroscience education on activation of the Vagus nerve to move from a STRESS response to THRIVE self-regulation.

Contemplative practices are skills that activate this THRIVE self-regulation and facilitate opening our hearts and minds to connect more deeply with ourselves and others. The retreat location under Mount Sopris allows one to experience the wonder and awe of nature.

Dr. Christine O'Brien is the retreat co-facilitator. She is the Clinical Director of the Whole Health Program at the Cheyenne VA, emphasizing life purpose and self-kindness to improve health. She teaches centering prayer, biofeedback, yoga, and contemplative neuroscience.

Eric Peterson, a veteran, yoga instructor, trauma release and hydrogenesis specialist, and contemplative outreach educator, is also co-facilitating the retreat.

Email snowmasscoc@gmail.com for registration, or drchristineobrien@gmail.com with questions
Additional details can be found here: <https://centeringprayersnowmass.godaddysites.com>