

Save these dates: March 13-15, 2020

Veteran's Wellness Retreat at Cove Valley Youth Camp, Mercersburg, PA



Healing Together:

We are not meant to stay wounded. We are supposed to move through our tragedies and challenges and to help each other move through the many painful episodes of our lives. By remaining stuck in the power of our wounds, we block our own transformation. We overlook the greater gifts inherent in our wounds- the strength to overcome them and the lessons that we are meant to receive through them. Wounds are the means through which we enter the hearts of other people. They are meant to teach us to become compassionate and wise. *Carolyn Myss*

Our Team

Vets Journey Home
Still Point Zen Center
And many healing
Professionals.

Register Online:

www.vetsjourneyhome.org

Experience the Inner Quiet

Our days will begin with free time for hiking, yoga, art, and exploring new or different opportunities.

The afternoon will be required programming.

Evenings conclude with music, drumming, campfires and more.....

Programing will include:

Meditation	Education
Spirituality	Group Work
Relaxation	Movement
Journaling	Creativity
Listening	Sensing
Mindfulness	Reiki
Massage Therapy	Qi Gong
Reflexology	Art Therapy

Contact Penney for more information;

pkayjohns@earthlink.net