



## Veterans Wellness Retreat

### Transforming Challenge into Strength: A Yoga and Meditation Retreat

- Experience how yoga, breathing and iRest Yoga Nidra guided meditation can help heal insomnia, chronic pain, anxiety, and depression
- Explore Post-Traumatic Growth, learning how to transform challenges into strengths
- Cultivate deeper connections in relationships
- Learn to cultivate mental resilience

Molly Birkholm is a yoga and meditation teacher trainer, professional speaker, consultant, and author. She is the co-founder of Warriors at Ease and has helped pioneer evidence-based trauma-sensitive yoga and meditation programs for PTSD in the military and other communities affected by trauma and stress.

Molly's stress management programs, resilience training, and trauma treatment programs are used by leaders and top organizations. Molly teaches trainings and retreats around the world and also online on the Great Courses and as a featured teacher on Yoga International.

A **\$50 fee** will be required at registration, and **will be fully refunded** at the completion of the retreat. Our retreats are 100% drug and alcohol free. All lodging, meals and activities are provided to Veterans **free of charge**. Transportation to or from retreat not included.



**Project New Hope** INC.  
Where Veterans Rebuild With Honor



**May 17-19, 2019**



**Grotonwood Conference Center  
167 Prescott Street  
Groton, MA 01450**



**Presenter:  
Molly Birkholm  
Co-Founded Warriors at Ease**



**REGISTER FOR THIS RETREAT TODAY**  
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