

## **One Day Wellness RETREAT for Veteran Women**

**Come join us at the Central Oregon Wellness Ranch in Tumalo for a day of Wellness.  
Open to all Women Veterans in Oregon**

May 31, 2024 from 8:30 to 4:30 You will get an opportunity to try a variety of integrative wellness modalities. We start with some horse time with some activities with our Equine herd. No horse experience necessary and we do not ride. Just some mindful time to get connected with the horses and have some down time. We supply a Mediterranean lunch followed by an introduction to mindfulness, breathwork and gentle YOGA. Then you will have an opportunity to try acupuncture done by a Naturopath who has a black belt in Martial Arts.

This is not a time to process trauma, but a time to focus on self care. Women Veterans only and we limit the group to 4 to 6 participants. You can come to the ranch before the retreat before you decide to attend. If you live outside of Central Oregon, we can provide a hotel and a gas card so that you can attend. Other RETREAT dates available.

Reach out to Tammy for further info & to make an appointment to visit the ranch. 541-815-0203  
These Retreats are paid for by the Oregon Health Authority's Veteran and Military Behavioral Health Division

**Central Oregon Wellness Ranch and Wellness Through Horses**  
18602 Couch Market Road, Bend, Oregon 97703  
[Healwithhorses@outlook.com](mailto:Healwithhorses@outlook.com) 541-815-0203

The Old West town at the Central Oregon Wellness Ranch and Wellness Through Horses Facility



Such a sacred gift to be able to share in the healing and peace of the present moment with a group of brave women and our equine partners. 🙏🐾



Cowboy the “White Knight Mustang”



Beautiful sky views from the ranch on a past Retreat Day



Relaxation Yoga with the cows in attendance...lol !! - Taught by Dr Michelle, our Naturopath



Photo's from our herd observations and lessons on being be safe with the horses



The playfulness of the horses - Pistol and Scout play tug O' war



The skies on the ranch at the conclusion of a past Retreat.....

### Reflections from past participants after the Wellness Retreats:

*It feels safe at the ranch and it feels like I can now start to heal. I felt small and powerless. Everything changed today. I felt more comfortable and can have my brave face on. By the end, I felt bigger, more confident and authentic.*

*In watching others, I learned that mindfulness matters. Interesting to see problem solving in the herd. I come in a little hot. I see that now and understand why that doesn't always work. I can see that the horses take the reins without forcefully taking the reins. A valuable exercise.*

*After the retreat, I felt the most calm and peaceful than I've felt since I don't know when. I felt completely relaxed, my mind, body, heart, and soul felt so light, I'm not even bullshitting you! It was like my being was okay for once. I felt like I could sleep a good sleep, I felt comfortable and safe, I felt like I could breathe. I didn't feel so anxious, nervous, or tense. I didn't realize how tense I actually am. And I have to say I actually felt truly happy.*

*All I can say is that this retreat has given me hope and brought so much joy.*

NEWS story from Central Oregon Daily News – Central Oregon Wellness Ranch Veterans program – July 5, 2021: Please check out this link: <https://wp.me/p6V7Xz-1JfX>

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