



## Combat Veterans Seeking Post Traumatic Growth

Phoenix is Rising Inc is now accepting applications for this cost-free, trauma-reducing retreat, catering to male combat veterans, from any generation and suffering from combat stress. While traumatic events are never good we believe that stressful events can become a catalyst for positive change - Post Traumatic Growth is the process after the traumatic event.

Our intent is to offer a platform for reconnection, transformation and renewal so veterans can learn to live in the present moment and learn to build a future they so deserve. Our curriculum includes Yoga, EMDR, acupuncture, meditation, nature based activities and an empowering wisdom workshop.

The retreat will be located in a tranquil environment in Sebastian, Florida on **January 17 to January 23 (noon), 2017.**

For more information, please contact Phoenix is Rising Inc:

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