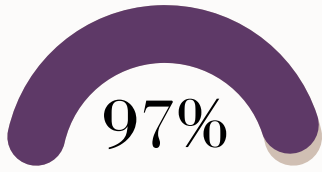


VETERAN MEDITATION RETREAT 2024



Satisfied with the duration of the retreat

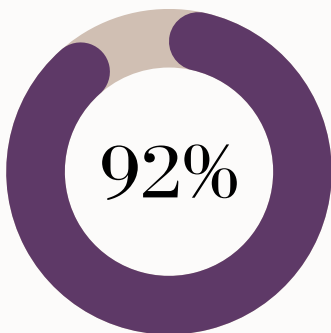
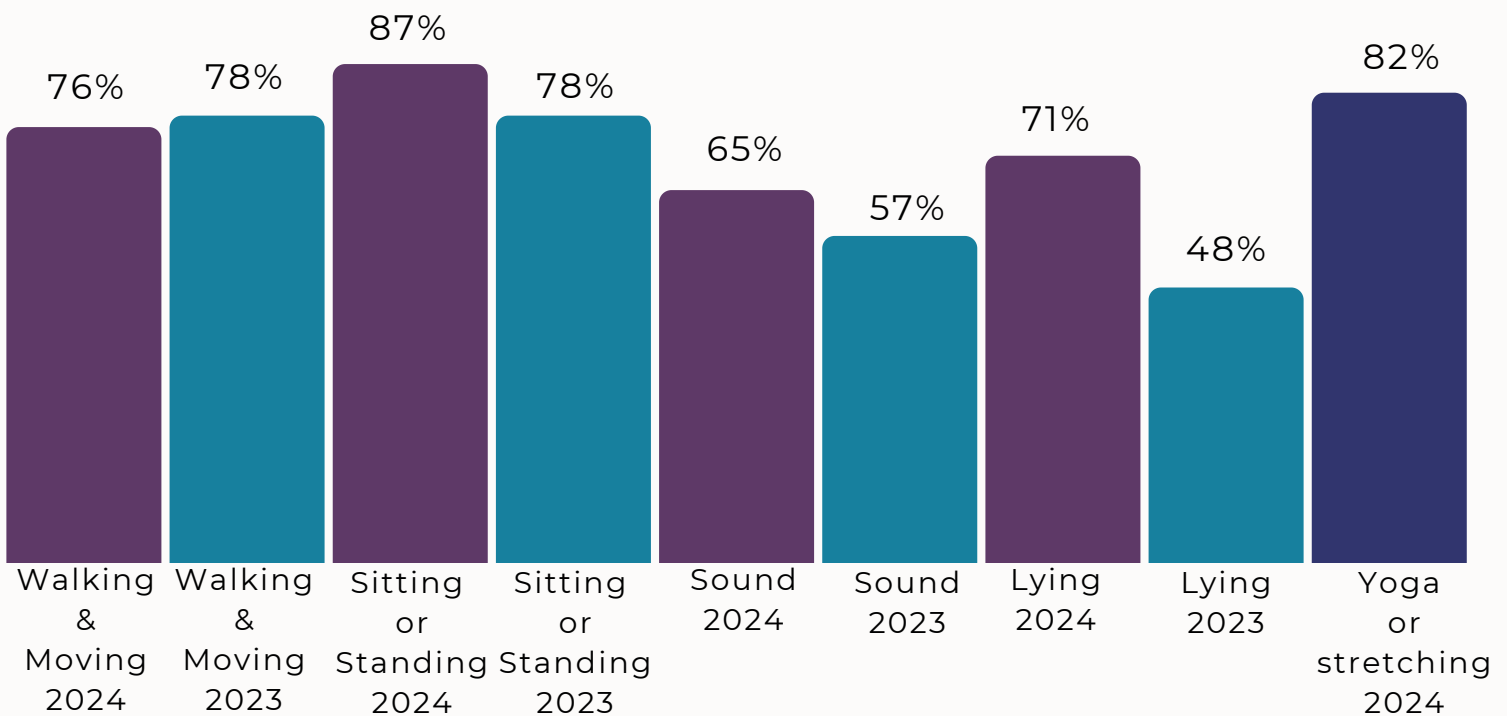
40

Total Participants

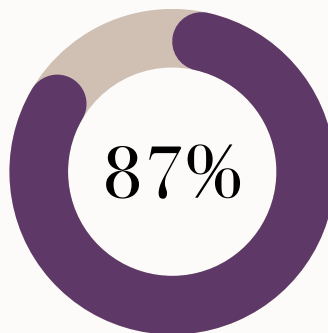


Used some form of meditation/mindfulness practice prior to retreat

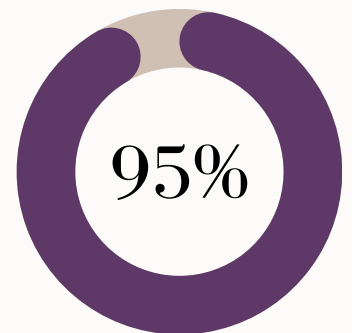
Participants who indicated being confident with each mediation type helpful (reliably well + quite a bit)



Would recommend the retreat to other Veterans



Plan on practicing Walking, moving, sitting, standing meditation, and yoga/stretching



Plan to find a positive way to address their thoughts and feelings after the retreat

