

FOR IMMEDIATE RELEASE  
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## **Omega to Offer Resilience Programs for Veterans Suffering From Military Trauma & PTSD**

### ***Scholarships Available for Veterans Health & Healing Retreats***

RHINEBECK, NY – The [U.S. Department of Veterans Affairs](#) reports that between 11-20% of those who served in Operation Iraqi Freedom or Enduring Freedom have post-traumatic stress in a given year and that 23% of women reported sexual assault when in the military. These alarming statistics exemplify how veterans are suffering from the effects of trauma after returning home. Omega Institute in Rhinebeck, New York, will be offering three retreats during the spring and summer of 2016 that address the difficulties veterans face.

“The effects of military trauma and post traumatic stress disorder are vast, and reintegration can be overwhelming for veterans and their families,” said Carla Goldstein, chief external affairs officer at Omega. “At a time when resources are so limited, we are happy to provide important healing modalities to veterans,” concluded Goldstein.

The Department of Defense and the Veterans Administration are now actively supporting mind-body modalities such as yoga and mindfulness practices to compliment traditional psychology and drug therapies for veterans. For more than 20 years, Omega has offered hope and healing to veterans and their family members with programs focused on complementary and alternative medicine practices that address post-traumatic stress and promote resilience.

#### **Veterans, Trauma, & Resilience Retreats at Omega in 2016:**

**[Coming Home: A Retreat for Veterans of Iraq & Afghanistan](#) (May 5–8, For Men Only),** with Joseph Bobrow Roshi, PhD, Lt. Colonel (Ret.) Steve Torgerson, Scott Thompson, MS, MDiv, LMHC, Howard Levene, Steve Zappalla, and Bart Buechner. Designed to help veterans alleviate the psychological, relational, and spiritual injuries of war, this evidence-based integrative program is for post-9/11 veterans to support one another and renew mind, body, spirit, and relationships in a beautiful, tranquil setting. *(This workshop is no longer accepting applications.)*

**[Healing From Military Trauma: A Warrior Renew Program](#) (June 6–24, For Military Women & Women Veterans),** with Lori S. Katz, PhD. Military women and women veterans face enormous challenges. The impact of Military Sexual Trauma (MST) has lasting effects on the mind, body, and spirit. This retreat offers a safe and healing environment to explore facing and releasing traumatic stress and increasing resilience. [Scholarship Deadline: June 1, 2016](#)

**[Practices for Comfort & Ease: Veterans Yoga Retreat](#) (July 31–August 5, For Men Only),** with Annie Okerlin, RYT, and Nicholas Caris, RYT. Research shows that yoga and relaxation practices help veterans reintegrate after the challenging experiences of military service. In this

veterans yoga retreat for men, participants will learn techniques to comfort the body, ease the mind, and promote healing. [Scholarship Deadline: June 20, 2016](#)

[Scholarships](#) are available for each of these retreats to cover all but \$75 of the tuition, room, and board.

To learn more, visit [eOmega.org](http://eOmega.org), or call 800.944.1001. Follow Omega on Facebook, Twitter, YouTube, Pinterest, LinkedIn, Instagram, and Google+.

### **About Omega Institute for Holistic Studies**

*Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 250 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. [eOmega.org](http://eOmega.org)*

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