



Big Red Barn Retreat Hosts Senior Spouses From Fort Jackson For a Resiliency Retreat

Being a military spouse can be very stressful. Life can feel like a roller coaster of emotions at times, but unfortunately it's the natural function of supporting those that participate in military service. Military spouses must contend with deployments, pending Permanent change of stations (PCS) every few years, and much more stress triggers that accumulate over time. It is estimated that 1 in 4 military spouses "wake up everyday under a heavy layer of stress which builds day-by-day, week-by-week and month-by-month." They feel an obligation to stay strong for their families, but staying strong can take a toll on their emotional, social and physical health. At the Big Red Barn Retreat, with the help of our generous donors, we are able to not only support veterans and active duty service member with FREE services and retreats, but it also enables the BRBR to work with military spouses as well. Military spouses are the unsung heroes of the military and without their support and help, the military as we know it would struggle to function effectively. During the retreats, we introduce military spouses to non-traditional approaches to help them develop coping skills to manage their stress so that they can take care of their families and maintain their own positive mental and physical health.

October Yoga Schedule

GIs & Joe Friday Coffee Group Is Growing

The peer-to-peer veteran coffee groups continues to grow in size. On average, we have 15-17 veterans attend the Friday Coffee Group every week. We've had as many as 27 veterans attend at times. The BRBR plans to add an evening coffee group & an all female coffee group soon.

Participants are of all ages, pictured below is Dan Stover and Don Daniels, both marine

veterans who attend the coffee group.

FREE Yoga for Veterans, Active Duty Service Members & their Spouses

<u>Day of Week</u>	<u>Time</u>	<u>Teacher</u>
Monday	6:30P-7:45P	Jessica Barnes Smith
Thursday	5:30P-6:30P	Liza Estes
Saturday, Oct. 6th & 20th	Noon-1:15P	Jessica Barnes Smith

Open to the Public, donations Yoga Classes

(donations fund FREE Yoga for Veterans)

<u>Day of the Week</u>	<u>Time</u>	<u>Teacher</u>
Tuesday	6:30-7:45P	Vicky Saye Henderson
Thursday	7:00-8:15P	Vicky Saye Henderson
Saturday, Oct. 6 th & 20 th	10AM-11:15AM	Vicky Saye Henderson



Healing Arts Photography Workshop - October 13th @ 4 PM

LOCATION: South Carolina State Fair, meet at the white ROCKET

Join Director of Healing Arts, **Jim Dukes** along with other veterans and active-duty service members as they take in the SC State Fair through the lens of a camera. Crowded markets and fairs can trigger a Veteran's anxiety and PTSD, but that stress is lessened when they are accompanied by other Veterans & given a new mission to capture the sights and sounds of the Fair through pictures and video.

Get all the details [here](#).

Questions, contact Jim Dukes at jimdukes71@gmail.com

Spotlight: YOGA Training & Fundraising Event

YOGA TRAINING

Thank you to a donation from lululemon Columbia, our team of yoga teachers will be participating in more yoga training this Winter designed specifically to meet the needs of veterans and active duty service members. Vicky Saye Henderson will be attending **iREST Yoga Nidra** training in November and in December, all of our yoga teachers will be participating in mindful resiliency yoga training with **Veterans Yoga Project**.

Integrative Restoration (**iRest®**) **Yoga Nidra** is a profound mindfulness meditation that leads to psychological, physical, and spiritual well-being. It helps release long-held tensions, emotions, and beliefs and allows you to realize your innate, unchanging connection to health and wholeness. It is so effective, its administered to service members suffering from PTSD at Walter Reed Army Medical Center. Once Vicky finishes her training, we will be adding a FREE evening iREST yoga nidra class to the weekly schedule for service members.

Veterans Yoga Project is an educational and



advocacy organization dedicated to improving the health and well-being of military veterans. Our teachers will participate in a 2 1/2 day workshop focused on mindful resilience for trauma recovery.

Mindful Resilience has been successfully integrated into mental health and addiction treatment programs for veterans and active-duty military across the US and Canada.

YOGA FUNDRAISING EVENT AT LAKE CAROLINA LAKE HOUSE

Join Us November 1st at Lake Carolina's Lake house, located at 1090 Ballard Drive in Columbia, Attendees will enjoy two mini yoga sessions: first a restorative class from one of the Big Red Barn's yoga instructors followed by vinyasa yoga instructed by lululemon's own, Haley Duggan.

Following the yoga - Board & Petal catering and River Rat Brewery will be providing refreshments while we connect and enjoy music from Brooks Herring.



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Donate

None of these programs would be made possible without your generosity! To support the continued growth of The Big Red Barn Retreat and help fund FREE services like the ones mentioned above, be sure to visit <https://www.thebigredbarnretreat.org/donate> or click the button above.

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