



The Big Red Barn Retreat

Providing a place for peace



SPRING HAS SPRUNG

Wake up and smell the flowers

Equine Assisted Therapy: A Horse Always Knows



Equine Assisted Psychotherapy is a ground based approach of therapy, which does not include horseback riding. Working with a team that consists of a licensed mental health professional, a qualified equine specialist, and a horse in an arena, the horses have the freedom to interact with the clients based upon how the client is feeling and what is occurring in the session. The presence of horses takes the intense focus off the individual client and allows

them to experience awareness and understanding on their own. It is this experiential model with the horse that helps process hidden hurts or painful memories that clients have hidden for years by tapping into the body's memory

banks- the stuff buried deep that our conscious mind doesn't want to remember. Horses can sense where you are emotionally and mentally, even more than you may be able to identify in the moment. It's both the identification with and the attraction to what is familiar between a hyper vigilant horse and a hyper vigilant human victim of emotional trauma that creates feelings of safety, acceptance and compassion that constitutes the first of the two natural equine qualities that enable horses to dramatically help in the healing process of emotionally wounded individuals. Additionally, horses live in herds and to promote social harmony to keep the herd together, they possess a number of innate qualities. These include: being accepting, tolerant, kind, respectful, honest, fair, nonjudgmental, compassionate, and forgiving. All of these qualities are utilized when a horse interacts with a human to drive psychological awareness that can be insightful and transformative. To learn more, click on this link...

<https://www.eagala.org/org>



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YOGA Schedule

FREE, Service Member Yoga Classes

<u>Day of Week</u>	<u>Time</u>	<u>Teacher</u>
Monday	6:30PM	Jessica Barnes-Smith
Tuesday iREST Yoga Nidra	5:30PM	Vicky Saye Henderson
Thursday	5:30PM	Liza Estes
1 st Saturday of Every Month	Noon	Jessica Barnes-Smith

Open to the Public Yoga Classes (\$10 donation)

<u>Day of Week</u>	<u>Time</u>	<u>Teacher</u>
Tuesday	7:00PM	Vicky Saye Henderson
Thursday	7:00PM	Vicky Saye Henderson
1 st Saturday of Every Month	10AM	Vicky Saye Henderson

Yoga classes are held in the white building, located in front of The Big Red Barn at 8024 Winnsboro Road. Enter the building from the back, up the ramp.



Veteran Spotlight: Nicki MacDonald

Nicki MacDonald served 21 years in the U.S. Army and finished her time as

5 Reasons Service Members

and Veterans Should Practice Yoga

1. Healthy Alternative to Conventional Drugs and Therapy

Many veterans returning to civilian life find themselves coping with anxiety and Posttraumatic Stress Disorder (PTSD). Conventional counseling therapies and anti-anxiety medications may not be the solution for everyone. Since yoga cultivates a calm mind and helps reduce stress and tension both physically and mentally, it is now considered a legitimate holistic alternative to conventional treatments.

2. Calms the Nervous System

PTSD and other anxiety-related disorders are often caused by the nervous system “freezing.” Anxiety causes repeated reactions in both the sympathetic and parasympathetic nervous system, which can cause everything from nightmares to emotional detachment. The “go with the flow” nature of yoga is a stark contrast to the military’s “take orders” mentality. The release and relaxation that yoga provides can “unfreeze” the nervous system and facilitate a much-needed release.

3. Helps with Physical Trauma

In addition to being beneficial to the mental and emotional traumas that veterans may suffer, yoga can also be beneficial to those living with physical injuries. Yoga is often far less intense than most “stress relieving” exercises. Rather than relying on physical exhaustion, yoga focuses on mindfulness. This means that the pace and intensity are low enough that poses can be modified for any body and most injuries.

4. Strengthens the Mind-Body Connection

Since yoga asks practitioners to focus on the present moment, this encourages a stronger mind and body connection. Feeling as though they are more in control of their body and thoughts helps soldiers regain a sense of empowerment and safety. Yoga should be approached with patience and a certain degree of discipline, which helps to retrain and calm veterans’ minds.

5. Creates a Sense of Community

One of the most important things for veterans, and for human beings in general, is to find a group of people or a community who support and

an E-8. After completing her second deployment her mother noticed a change in her. Her supervisor also recognized the same thing and offered her the



opportunity to go to counseling too. She went to counseling but then realized that talking with peers benefited her more.

After moving to Columbia last summer, following her retirement, MacDonald heard about the Big Red Barn Retreat through the Victory Spouses Club on Fort Jackson. She decided to visit the BRBR to experience it for herself. "The Big Red Barn, to me, is a great place to come to talk to fellow vets or just vent in general", says MacDonald. "The garden is great, you can walk trails around here. It's very peaceful." MacDonald has found a connection with the BRBR and attends meetings with the peer to peer group every Friday, or unless she is out of town. She also doesn't mind telling others about the Big Red Barn Retreat and the services it offers. "I try to promote the Big Red Barn as much as possible to others because a lot of people don't know about it", said MacDonald. The Big Red Barn Retreat was built to be a place of peace to help veterans and service members associate with and help each other and can become a home away from home.

Winery Tour and a Trip to

understand them. Practicing yoga with other veterans can be a great opportunity to bond and share a calm – and even spiritual – connection. The sense of community that practicing yoga creates is valuable for everyone, especially active duty or veterans who need to feel supported.

As more and more of the world begins to recognize and reap the benefits of a regular yoga practice, hopefully you or a veteran in your life, can also explore all of it's healing and community forging attributes.

Credit to yogiapproved.com

The Beehives are Buzzing!



Spring is finally here and so are the beehives at the Big Red Barn Retreat! The Blythewood Bee Company has partnered with the Big Red Barn Retreat for beekeeping workshops. The final workshop will take

place on Saturday, April 13th. Join us at the BRBR to see the bees and their hives in person or for the workshop.

To register or for more information, contact Scott Derrick with Blythewood Bee Company at (803) 754-7577 or visit the website: www.blythewoodbeecompany.com

Charleston Scheduled for Healing Lens

Come peruse the grounds and take a tour of the Mercer House



winery on Saturday, May 11th and capture stunning photos of this one of a kind local favorite. Select pictures from this shoot will be shared with Mercer House to be used in their social media posts. And on Saturday, June 8th explore Charleston for a day! The group will meet at the Charleston Visitor Center, 375 Meeting St., Charleston, SC at 10:00 AM to look at all the photography options and devise a game plan for touring this historic city. Stay in town as long as you like. There will be a meeting on the Tuesday after both events in the Big Red Barn Retreat lounge to discuss the photos that were taken.

This workshop is free for active duty military, veterans and spouses. Non-military are welcome to attend with a donation to the Big Red Barn Retreat. Please email Jim Dukes at jimdukes71@gmail.com to reserve your spot or ask any questions.

Psssst: Don't Forget That The Big Red Barn Retreat Has a Blog Written by a Veteran. Check It Out.

The Big Red Barn Retreat has its very own blog written by Navy veteran, and current graduate student, Quincy. He talks about different subjects ranging from yoga to horses and even sharing thoughts and emotions with others. There will be a new post every 2 weeks. So, keep an eye out as Quincy shares his thoughts, feelings and observations throughout his journey at the Big Red Barn Retreat by going here: <https://www.thebigredbarnretreat.org/blog>

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.

The Big Red Barn Retreat | (803) 716-9097 | info@thebigredbarnretreat.org | www.thebigredbarnretreat.org



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