

VERMONT VETERANS

-Yoga
-Meditation
-Skiing
-Farming
-Community
-Healing

Re-integration Weekend

Begin: 5pm Thursday March 31

Conclude: 5pm Sunday April 3

At Zeno Mountain Farm in Lincoln, Vermont

It is important

to return to your families and friends after your time in service

We hope that you will join us for this inaugural event intended to assist with that transition.

For those of us who have seen the impacts of war, there is nothing more important than coming home to ourselves and to our communities in a healthy manner.”

-Vermont Vet

As a group, we will

- prepare meals
- practice yoga and meditation
- engage in community building exercises
- ski at Sugarbush with the Adaptive Ski Program
- cultivate mushrooms at Wild Roots Farm Vermont
- have the opportunity to share your story with veterans of all backgrounds



There is space for 28 veterans at no cost. Please RSVP to wildrootsfarmvt@gmail.com

This retreat

will be led by veterans and community members

This retreat has been made possible by Zeno Mountain Farm, a 501 c(3) non-profit and the Farmer Veteran Coalition of Vermont