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**FOR IMMEDIATE RELEASE**  
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**Veterans' Peace of Mind Project and the Medicine Horse Program join forces to bring Veterans and their Families to Shambhala Mountain Center for an extraordinary annual retreat**

***A powerful program to heal unseen wounds experienced through military service with four days of therapeutic practices in the Rocky Mountains***

RED FEATHER LAKES, CO – According to a recent investigation by the Department of Veterans Affairs, the suicide rate among veterans and active duty military is now at almost 22 a day. As the rates of soldiers suffering from psychological wounds has surpassed incidents of physical wounds, the Department of Defense and multiple non-governmental organizations have recognized the urgent need for new and innovative ways of treating soldiers and helping decommissioned veterans to readjust to life after traumatic events experienced in military service. More than 30 Veterans Affairs medical centers now participate in horse therapy for service members and veterans, according to the American Forces Press Service. Mindfulness practice is used widely for mitigating stress and promoting healing. Meditation has also been introduced to service members as a preventative measure against Post-Traumatic Stress Disorder (PTSD).

In response to this need, Shambhala Mountain Center will be hosting “Outer War, Inner Peace,” a supportive retreat from August 1-4 combining a variety of healing practices for veterans and their families. In a safe and intimate environment nestled in the Rocky Mountains, this program will offer a new approach to dealing with PTSD that marries mindfulness meditation therapy and equine-assisted therapy to help veterans overcome trauma, diminish stress and cultivate the ability to trust loved ones and themselves.

“Mindfulness based meditation practice can help one achieve clarity and peace of mind. It has been instrumental in my own healing process recovering from the wounds of war,” says Paul M. Kendel (SSG Ret), one of the retreat’s instructors and author of *Walking the Tiger’s Path: A Soldier’s Spiritual Journey in Iraq*. Kendel will be accompanied for this program by an accomplished team of instructors including Margot Neuman, Executive Director of Veterans Peace of Mind Project, Gary Allen, leader of meditation groups and Shambhala Training programs and Bayard Cobb, a Naropa faculty member and meditation teacher of 30 years.

For more information, please visit: <https://www.shambhalamountain.org/program/vr813-outer-war-inner-peace-a-mindfulness-retreat-for-veterans-and-their-families/>



SHAMBHALA  
MOUNTAIN CENTER

press  
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About Shambhala Mountain Center

Since 1971, Shambhala Mountain Center has offered a wide array of programs on meditation, yoga and contemplative arts led by acclaimed instructors from throughout the world. Nestled high in the Colorado Rockies, this 600-acre mountain valley retreat center is just two hours from Denver and offers over a hundred programs each year exploring the paths of personal health, deepened awareness and transformation. Its mission is to promote personal and societal wisdom and provide a safe and supportive environment, welcoming all people with inspiration, interest and curiosity about the nature of self and society. For more information, visit [www.shambhalamountain.org](http://www.shambhalamountain.org) or call (970) 881-2184.

About Fearless Victory

The Outer War Inner Peace retreat is a collaborative effort between two non-profits from Boulder, Colorado--Medicine Horse Program, which uses one-on-one interaction with horses and Veterans' Peace of Mind Project, which utilizes mindfulness training to help veterans suffering from PTSD. Together they have formed a program known as the "Fearless Victory" project to offer transformative and concrete ways to integrate the benefits of mindfulness in everyday life.

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