

# Welcome



## Healing with Nature

G26030408

with Rochelle Calvert

March 26-29, 2026

Welcome to Healing with Nature Retreat with Ghost Ranch!

During this retreat we will explore ways to awaken to the traumas we carry and find skillful ways with mindfulness and somatic nature based practices to heal.

Learning to practice mindfulness with nature we will awaken to experience the health of the body, mind and heart. Nature is an ever-present expression of life in which we will explore various mindfulness meditation practices that will bring us into more intimacy and reciprocity with ourselves and the Earth. Mindfulness in nature is an opportunity to meet your inner conditions as they are- to learn to kindly relate and respond to live into your true nature and potential for healthy living.

Somatic Experiencing practices are a skillful and safe way to heal trauma. We will learn how nature offers a healing container to support the transformation and healing of trauma. Building on the practices of mindfulness with nature we will learn how to become present to the stored traumas stuck within the body, connect to the inherent potential to heal, and learn to release the unhealthy patterns of trauma to experience the fullness of our aliveness.

From you I ask:

-Approach the retreat with an open mind and heart. I invite you to get curious about your responses to the content we explore and where they may originate from.

-Be present. Please make sure that you create a way to minimize your distractions when you come to retreat (e.g. limited or no use of phones or computers)

-Your contributions matter to our time together. I invite you to share, engage and pose questions and inquiry to our discussions.

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-Reach out for help if you are struggling, feel unsure about any process we are exploring or just have a question. I will do what I can to support you.

-Lastly and most importantly take care of yourself while in and out of the sessions we will hold. Some of the subject matter can be eye-opening, difficult to meet, heartbreaking and will touch into your own personal experience. If you need support please reach out I'm looking forward to exploring and expanding our understanding of how awakening to the traumas we carry and the transformation that is possible to heal with nature.

I look forward to meeting you and supporting the creation of a community of learning and healing.

With gratitude-Rochelle

### Daily Schedule:

6am – Wake up bell (this can change relative to time sun is rising)

6:30 – Meditation

7:15 – Breakfast

8:30 – Morning program

12:00 – Lunch

12:30-2pm – Free time

2:00 – Afternoon program

5:00 – Dinner

6:00 – Evening program

8:30-9:00 – Ready for bed/sleep