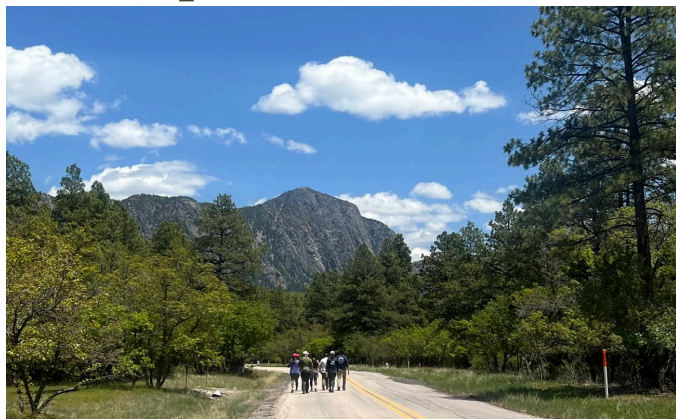


# 3-Day Retreats

## Escape To Nature



**Chama, NM**  
LOCATION

**SEE BELOW**  
DATES

**12 Maximum**  
ATTENDEES

 Call us for more info  
**505-888-5499**

All meals & lodging provided  
20 hours of group/individual experience

### Cost

- Department Paid Spot: \$1000
- Individual Paid Spot: \$500
- Sponsored (with application) : \$0
- Group Discount (2 or more): 20% off
- Entire Team: \$6000 (10 spots)

### Common Activities

- Groups/ Individual Counseling
- Yoga/Massage
- Hiking + Outdoor Exploration
- Trauma Exercises (EMDR)
- Exercise/ Workouts
- Mindfulness + Meditation
- Firepit/ Games/ Basketball
- Team Building Activities

### Retreat Dates & Topics

- **Wellness Refresh & Recharge**  
(8/7 - 8/9/26)
- **PEER Support**  
(8/31 - 9/2/26)
- **Leadership/Command Staff**  
(10/2 - 10/4/26)
- **Women in Public Safety**  
(10/18 - 10/20/26)
- **Trauma & Resiliency**  
(4/12 - 4/14/27)
- **Team Building**  
(7/16 - 7/18/27)
- **Relationship Re-Engage**  
(6/11 - 6/13/27)
- **PEER Support**  
(8/11 - 8/13/27)



### Sample Schedule

- Day 1 - Arrive Mid-Day/ Light Lunch  
- 1-4pm Activities/ Program Component  
- 5pm Dinner  
- 6-10pm Activities/ Program Component
- Day 2 - Breakfast  
- 8-11am Activities/ Program Component  
- 12pm Lunch  
- 1-4pm Activities/ Program Component  
- 5pm Dinner
- Day 3 - Breakfast  
- 8-12pm Activities/ Program Component  
- Snacks for Road/Travel Time