

A Week Of Healing

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If you've tried everything and still can't break free - you need a week off, to get away from the computer, cell phones, etc. and focus on recovery.

Elya K - the moderator of our 12-Step phone groups and hot-line, would like to invite you to a week of group therapy and a trauma healing workshop in the Experiential Healing Center in Tennessee.

This is an intense week of therapy, mindfulness, relaxation and healing. There will be a charge (in the \$2000 range) but as Elya says: "I can tell you from personal experience that it is worth every penny".

See [here](#) how just such a group helped Elya himself, a few years ago.

It will be only religious men, from our forum, chizuk e-mail lists and phone groups. It won't be over Shabbos (probably Sunday - Thursday).

GLATT KOSHER FOOD WILL BE PROVIDED, cooked by Elya's wife.

There is a Minyan some 8 miles from the site, and transportation will be provided at least once a day. Sleeping will be at the center, and there will be group therapy most of the day. Early morning is for davening, lecturing and meditation. Night time is usually free time and a fun activity.

We would like to see if there is interest before we set a date. Write to either [Elya K](#) or [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com).

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