



# TCM Women Veterans Retreat

**Do you struggle with PTS, Guilt, Anger, Fear, Physical Pain, Limiting Beliefs? The Cortina Method (TCM) resolves & dissolves these problem areas. Based on neuroscience, TCM is Brain-Based Healing that helps people get over trauma, WITHOUT having to relive ANY pain. Replace pain with joy, gratitude, relief, and excitement. Also enjoy Equine Therapy and holistic wellness of Yoga, Reiki, and Reflexology.**

**May 1-5, 2025**

**Genesis Spiritual Life &  
Conference Center**

**Retreat Information:**

**Click Here or  
use our QR code**



2025 RETREATS



**Project New Hope** INC.

Where Veterans Rebuild With Honor