



The Hero's Journey

A MEN'S HEALING PROGRAM FOR VETERANS

RUNS FROM OCTOBER TO DECEMBER 2024

IN-PERSON RETREAT IN ESCONDIDO, CALIFORNIA NOV 21-24

ONLINE PREPARATION AND INTEGRATION BEFORE AND AFTER

MORE DETAILS AT WWW.TRASCENDELICRETREATS.COM

WHEELCHAIR-ACCESSIBLE VENUE



A Call to Adventure...

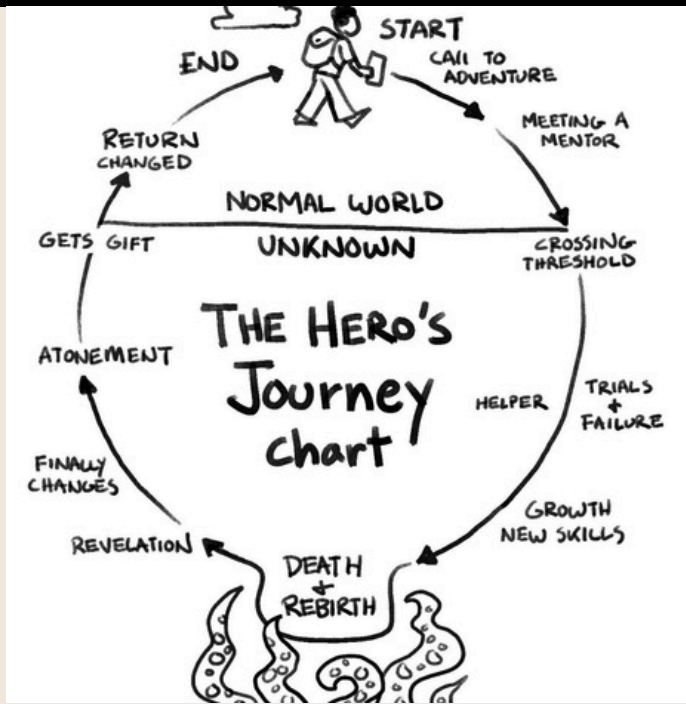
What is the Hero's Journey?

We are creating a Transcendental + Agile Wellness Group collaborative ketamine-assisted therapy retreat taking place in fall 2024 for a group of maximum 10 male veterans struggling with their mental health primarily due to moral injury and PTSD. Moral injury and PTSD are very common for veterans, and cause much suffering, including depression, anxiety, addiction, and suicidal ideation.

Veterans will have a 7-week program with the retreat weekend (4 days / 3 nights) in the middle of that time, the time leading up to the retreat as online preparation sessions, and the time afterwards as online integration sessions.

Moral injury: Wounds of shame and spiritual conflict due to participating in situations that cause transgression of deeply held moral beliefs

PTSD: Continued fear, flashbacks, and perception of danger after a traumatic event is over



THE HERO'S JOURNEY AT OUR VETERANS' RETREAT

CALL TO ADVENTURE: VETERANS SIGN UP FOR RETREAT

MEETING A MENTOR: VETERANS BEGIN RETREAT PREPARATION WITH TEAM

CROSSING THRESHOLD → GETS GIFT: VETERANS PARTICIPATE IN RETREAT AND INTEGRATION SESSIONS

VETERANS RETURN CHANGED.

- Our Approach



Preparation

Helping veterans get ready to receive insights from the medicine



Medicine Sessions

Intramuscular ketamine journeys with individualized dosing to optimize healing



Integration

Working to understand and utilize the wisdom gained from ketamine-assisted therapy

A Day at the Retreat

7:30 AM	MEDITATION
8:00 AM	YOGA
9:00 AM	BREAKFAST
10:00 AM	GROUP PREPARATION
11:00 AM	KETAMINE SESSION
1:00 PM	LUNCH
1:30 PM	TIME FOR MESSAGES, NATURE HIKES, BONDING, ETC.
6:00 PM	SILENCE
6:15 PM	ART & JOURNALING
7:00 PM	DINNER & GROUP INTEGRATION CIRCLE
8:30 PM	MEDITATION



4-day retreat will include:

- 3 preparation sessions, 3 intramuscular ketamine journeys, and 4 integration circles in addition to the preparation and integration sessions online before and after the retreat
- All-inclusive accommodations and nourishing meals
- Welcome and closing circles
- Nature walks: Cactus Blossom connects to Daley Ranch, a 3200-acre nature preserve with 25 miles of multi-use trails through woodlands, sage scrub and chaparral, grasslands, and riverbanks.
- Beautiful indoor and outdoor spaces
- Pool and hot tub
- Yoga
- Meditation, Qigong, mindfulness, breathwork, and sound healing
- Massage
- Evidence-based trauma-informed group and individual psychotherapy sessions
- Peer support
- Art and music
- Community and camaraderie
- Time for silence and contemplation
- 24/7 support from a team of passionate professionals

Tim Spalla, M.A., LPCC

U.S. Army Veteran, Founder of Agile Wellness Group

Tim, a U.S. Army Ranger and veteran of multiple combat deployments, spent years supporting counter-terrorism missions throughout Europe, East Africa, and the Middle East. After leaving active duty, he founded a company combating poaching in Africa and partnered with National Geographic to expose wildlife crime. Struggling with his own mental health, Tim found healing through psychedelic medicines and mindfulness. Now he dedicates his life to helping others, especially fellow veterans, overcome moral injury, heal trauma, and find peace.



Luke Schartiger, M.A.

U.S. Army Veteran, Psychospiritual & Wellness Coach with Agile Wellness Group

Luke, a distinguished U.S. Army Iraq combat veteran, transitioned into roles as a Department of Defense contractor and law enforcement officer. With degrees in Intelligence Operations, Criminal Justice, and a master's in human services counseling, Luke guides others through trauma as a wellness coach and meditation instructor. Facing personal crisis, Luke found his calling in healing, driven to help fellow veterans and first responders overcome moral injury, PTSD, addiction, and depression. His own experiences grant him a unique perspective, guiding others toward renewal and purpose.

Our Team

Tim Spalla: veteran and therapist, Luke Schartiger: veteran and wellness coach, Amy Milroy: nurse practitioner, Salil Kalra: pulmonary and critical care physician, Natalie Artinian: psychiatrist, Ben Hall: trauma therapist, Jacques-Pierre Cole: veteran and mindfulness instructor, Jackie Roman: peer supporter and educator, Stacy Smith: trauma therapist, Alma Alvarez: veteran and massage therapist, Kristi Marcuson: trauma therapist, Amelia Bachtiar Jones: trauma-informed yoga instructor, Maricel Balanza: massage therapist



Amy Milroy, DNP, APRN

Co-Founder of Transcendelic, Psychiatric & Family Nurse Practitioner

Amy, a board-certified psychiatric and family nurse practitioner, brings her expertise as a certified psychedelic-assisted therapy provider to our retreat. A trauma survivor herself, Amy combines personal healing with insights from patients' journeys. Her transformative experiences with psychedelics led her to dedicate her life to serving people with these powerful medicines. She is passionate about working with veterans, having had the privilege to care for them in settings including retreats, clinics, hospitals, and telehealth. Recognized for compassion and wisdom, and committed to equity, Amy regularly offers free and reduced cost healthcare to those in need.

Salil Kalra, M.D.

Co-Founder of Transcendelic, Pulmonary & Critical Care Physician

Sal, a physician board-certified in internal medicine, pulmonary and critical care, brings extensive medical expertise to our retreats. His calm demeanor fosters trust and compassion, inviting vulnerability. He has been honored to care for veterans at the VA, and has been inspired by their resilience. Dedicated to guiding healing and fulfillment, and drawing from ICU experiences to understand trauma's lasting impact, Sal has seen how psychedelic medicines offer hope for healing moral injury and PTSD. Inspired by psychedelics' therapeutic potential, Sal envisions holistic recovery, integrating mind-body approaches for emotional equilibrium and vitality.

