



Desolation Canyon
7 Day All Veteran Retreat
June 25th-July 1st, 2026

Thursday June 25th

Airport Arrivals

Departures to Sand Wash with Lunch en Route

Dinner with Rafting Team

Introductions by Firepit & S'mores

Friday June 26th

Breakfast

Rage Against the Anger - Anger MNGMT



River Safety Talk and White-Water Rafting Desolation Canyon in Spectacular Scenery and Exciting Rapids

Lunch

On The River with Stops for Hikes and Exploring the Area

Dinner

Namaslay – Stress Reduction, Meditation & Breathing Techniques

Saturday June 27th

Sunrise Yoga on the Beach

Breakfast

On The River Paddling and Learn How to Row

Lunch

Back On the River with Stops for Hikes and Exploring the Area and Petroglyphs Serenity Now!!! - Conflict Resolution on The Beach

Dinner

Watch The Sun Set Over the Canyon

Listen To the Quiet of The Canyon Sleeping Under a Blanket of Stars

Sunday June 28th

Breakfast

Occupational Therapy

Rapids of Desolation Canyon with Stops for Hikes

Lunch

On The River with Stops to Explore the Area and Swim

Dolla Dolla Bills, y'all – Budgeting Reality

Dinner

Yard Games

Firepit By the River Under the Stars & S'mores

Monday June 29th

Rapids of Desolation Canyon with Stops for Hikes

Lunch

On The River with Stops to Explore the Area, Swim in Waterfalls

Dolla Dolla Bills, y'all – Budgeting Reality

Sign up: www.nkmedicalgroup.com/veteran-retreats



Back Country Cooking Class
Dinner
Stargazing

Tuesday June 30th

Breakfast
Early Morning on The River Exploring the Area
Tick-Tick Cope - Boundaries, Coping & Time Management
Lunch
Arrive at San Rafael Swell
Derig the Boats
Transportation to Ranch
Dinner
Retreat Wrap-Up

Wednesday July 1st

Breakfast
Travels Back Home