



Gainesville, Texas
Veteran Couples Retreat
March 12-15th, 2026

Thursday:

Arrivals

3-5pm Check in and Getting Settled into Rooms

6pm Dinner

7pm Introductions & "Ice, Ice Breakers"

Couples Meditation Practice

Friday:

8am Breakfast

9.00-10.30am Hiking/Fly Fishing

10.30am "Hear ye, hear me" Effective Communication

12pm Lunch

1pm The "Sound Relationship House" Inspection

2.30pm Amazing Race

4.30pm "Alright, All Right, I'll Right"

6pm Dinner

7pm Couples Meditation Practice

Saturday:

8am Breakfast

9am Care Giver Support/Couples Exercises

10am Obstacle Course & Fire Building Contest

12pm Lunch

1pm Gratitude's & Good Graces

3pm Cowboy Olympics & Team Building Activities
Outdoors

5pm Commitment Closeout

6pm Dinner

7pm Couples Meditation Practice

Event Wrap up

Sunday:

8am Breakfast

Check-out, Airport Transfers and Travels Back Home