



Integration 2026

LEARN · EXPERIENCE · INTEGRATE

*A sacred weekend of holistic learning, healing and inner alignment
for veterans, first responders and families.*

September 18–20, 2026

CUIVRE RIVER STATE PARK
TROY, MISSOURI

WEEKEND \$125 · DAY \$50 · CAMPING \$100 · MEALS \$50

SEPTEMBER 18-20 · CUIVRE RIVER STATE PARK · TROY, MISSOURI

A weekend built for the way healing actually happens

Integration Weekend brings together education, embodied practice, ceremony, hands-on experience and community in one place. The weekend is intentionally diverse: some sessions are practical and skills-based, some are contemplative, some are cultural or ceremonial, and some invite participants to explore emerging approaches to healing and integration.

Every participant is encouraged to choose the experiences that resonate, move at their own pace, ask questions, and engage with care — for themselves and for the wider community. There is no single prescribed path through these three days, and no expectation that anyone take part in everything offered here.



SCAN TO REGISTER

Registration is open at gruntstylefoundation.org

Scan the code or visit the link to reserve your place. Weekend \$125 · Single day \$50 · Camping \$100 · Meals \$50. Limited-enrollment workshops are reserved separately.

Workshops + Classes

Education, discussion and hands-on skills across a wide range of modalities.

Breathwork + Energy Work

Embodied practices supporting regulation, awareness, resilience and presence.

Ceremony + Sweat Lodge

Lakota-led ceremony, prayer, cultural teaching and community connection.

Integration + Community

Time to connect, reflect, share and carry meaningful experiences back into life.

How to approach the weekend

Six things worth reading before Thursday. None of them are rules; all of them make the weekend easier.

01

Choose your own path

Integration is designed to give you options rather than a single prescribed experience. Review the program, choose the classes and experiences that speak to you, and give yourself enough transition time between sessions. Some offerings are educational, some experiential, some ceremonial; participation is always a personal choice.

02

Come prepared

Many sessions take place outdoors. Bring a camping chair, blanket or yoga mat, weather-appropriate clothing, water, and whatever bedding or comfort items you need for your stay.

03

Try something new

You do not need prior experience with a modality to attend its educational session. Ask questions, stay curious, and use the weekend as an opportunity to explore approaches that may be new to you.

04

Respect the container

Ceremonial, cultural and experiential offerings deserve care and attention. Follow facilitator instructions, honor participant privacy, respect personal boundaries, and never pressure another person to participate.

05

Listen to your body

Some practices can be physically or emotionally activating. Disclose relevant concerns when screening is offered, use modifications when needed, and step out or ask staff for support at any time.

06

Limited-enrollment sessions

Blacksmithing, buffalo frame-drum making, rattle making and other hands-on experiences may have limited capacity or separate sign-up requirements. Watch the schedule and registration information for details.

CUIVRE RIVER STATE PARK · SHERWOOD ORGANIZED GROUP CAMP

The grounds, and getting oriented

Integration is a multi-day retreat environment. Expect to move between lodging, gathering spaces, outdoor class areas, meals, ceremonies and special experience zones throughout the weekend. Use the facility map on the next page for general orientation; final 2026 class locations will follow the event schedule and on-site signage.

Registration + staff

Start here when you arrive. Staff and volunteers can help with directions, schedule questions, lodging and general event support.

Ceremony + special areas

Sweat lodge, cold plunge, equine work, Frog Town, blacksmithing and craft workshops may sit away from the main teaching areas. Give yourself extra walking time.

Meals + community time

Meals and breaks are part of the Integration experience. Use unstructured time to hydrate, eat, rest, meet facilitators and connect with the community.

Class + gathering areas

Indoor and outdoor sessions will be distributed across the grounds. Check the final schedule for the location assigned to each class.

Lodging + camp comfort

Cabins are available with bunk beds and mattresses, but they are basic. Bring bedding, pillows, padding and personal comfort items appropriate to your lodging arrangement. Outdoor chairs and blankets are useful throughout the weekend.

Getting between sessions

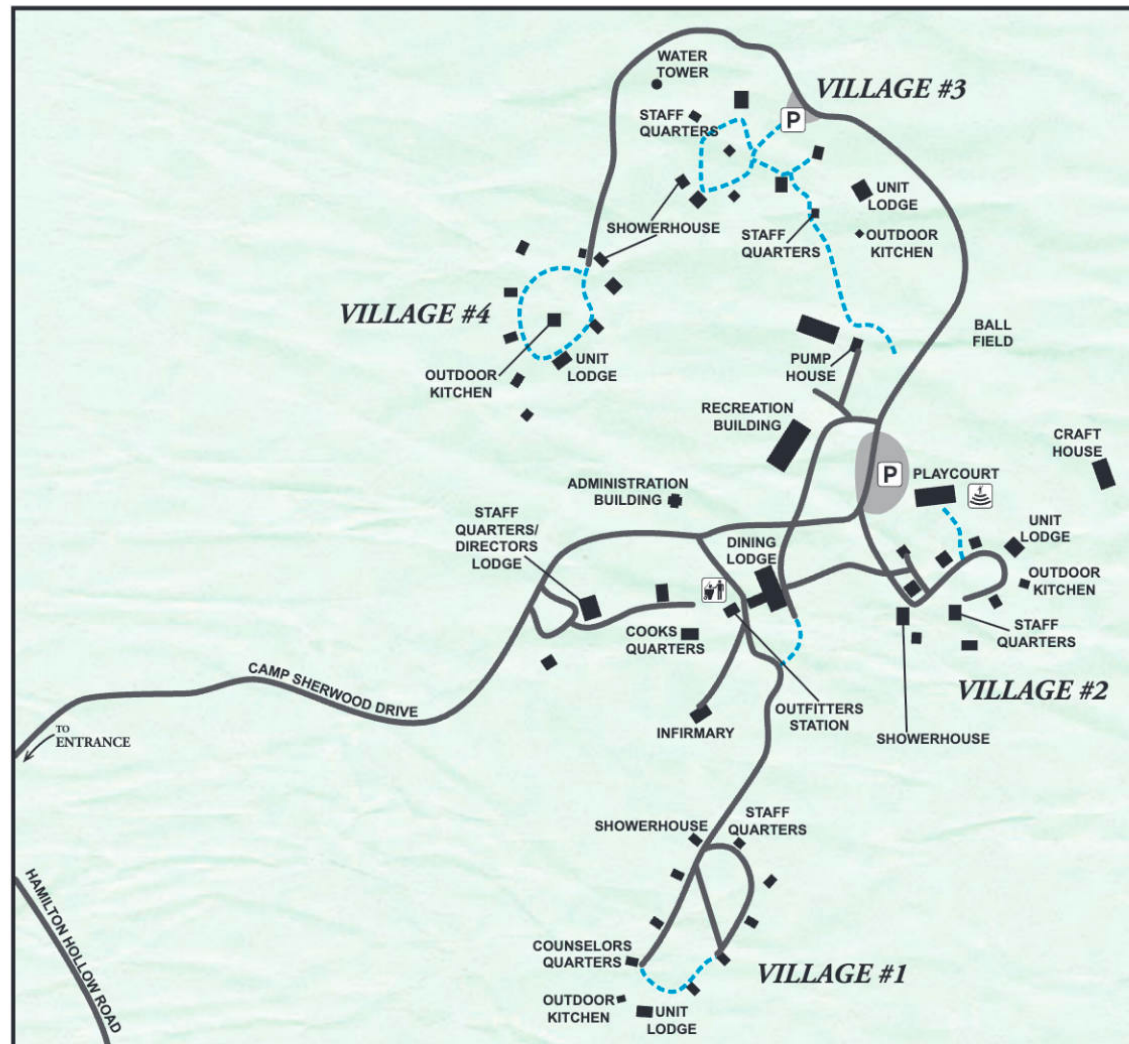
Distances are walkable but not short. Wear shoes you can cover ground in, carry water, and build a buffer into your day rather than scheduling back-to-back sessions across the camp.

Facility map

SHERWOOD ORGANIZED GROUP CAMP



CUIVRE RIVER STATE PARK Camp Sherwood Forest Organized Group Camp



General facility map. Use the 2026 schedule and on-site signage for class locations.



LAKOTA SPIRITUALITY + SWEAT LODGE

The Inipi + Lakota Spirituality

Jaylin Garnett · Zintkala Wakan Hoyapi



FACILITATOR

Jaylin Garnett

Tayan Ake Gli — 'He Who Returns Again'

Zintkala Wakan Hoyapi
Lakota-led organization

THE FACILITATOR

Jaylin Morrison Garnett, Tayan Ake Gli — 'He Who Returns Again' — is an enrolled member of the Oglala Sioux Tribe whose life has been immersed in Lakota culture and spirituality. From an early age he sang, learned from family, and helped his grandparents with ceremonies including the annual Sun Dance and Native American Church traditions. Jaylin and his family now help carry those responsibilities forward, and he serves as a Sun Dance Chief and NAC Roadman while also working as a violence-prevention educator. His work is rooted in keeping Lakota teachings alive, serving the Oyate, and sharing culture in ways that emphasize prayer, responsibility, relationship and respect.

THE EXPERIENCE

The Lakota Inipi Sweat Lodge is a sacred ceremony centered on purification, prayer, renewal and relationship with the spiritual and natural world. Jaylin will lead sweat lodge opportunities during Integration Weekend and will also share teachings about Lakota spirituality, including the importance of the Earth, ancestors, Creator, community and living in right relationship. Participants entering the lodge will encounter songs, prayers, heated stones often referred to as Grandfathers, and the ceremonial pouring of water within a space understood as deeply sacred. Beyond the lodge itself, Jaylin's teaching invites participants to consider how respect, balance, interconnectedness, service and responsibility can continue beyond the weekend and into daily life.





LAKOTA-LED HANDCRAFT WORKSHOPS

Buffalo Frame Drum + Rattle Making

Guided by Lakota Indigenous leaders · Zintkala Wakan Hoyapi



HOSTED BY

Zintkala Wakan Hoyapi

ENROLLMENT

Limited to 10 participants

Additional cost

Advance sign-up required

THE WORKSHOPS

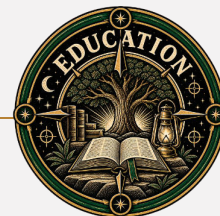
Integration 2026 will include small-group handcraft workshops guided by Lakota Indigenous leaders, offering participants the opportunity to create a buffalo frame drum or a traditional-style rattle by hand. These are not mass-production craft sessions; the intention is to slow the process down and place making within a context of relationship, respect, story, and the deeper role these objects can hold as healing and ceremonial tools. Participants will be guided through the physical construction process while learning about care, intention and the responsibilities that accompany receiving a handmade object of this kind.

WHAT TO EXPECT

Enrollment will be limited to 10 participants per workshop so that each person has enough time, space and support to complete their piece carefully. Because materials and specialized instruction are involved, these workshops will carry an additional optional cost beyond general Integration Weekend registration. Advance sign-up will be required, and participation will be available only while the limited spaces remain open. More specific scheduling, material details and the added workshop fee will be announced separately.

LIMITED TO 10 · ADDITIONAL COST · ADVANCE SIGN-UP REQUIRED





COMMUNITY EXPERIENCE

Frog Town

Hosted by the Tribal Detox team



HOSTED BY

Tribal Detox Team

OPEN ALL WEEKEND

Drop in, ask questions, observe.
Participation is always optional.

tribaldetox.com

PLEASE NOTE

This session is educational and
experience-based, not medical advice.

THE SPACE

Frog Town will be a dedicated bell-tent gathering area hosted by members of the Tribal Detox community, including experienced and certified practitioners. Rather than functioning as a single scheduled lecture, it is intended to be an open place to stop in, ask questions, observe and learn throughout the weekend. The team brings practical experience with Kambo, Sananga, Hape, 5-MeO-DMT education, preparation, integration and related traditional or ceremonial practices.

THE EXPERIENCE

Participants are welcome to visit Frog Town to talk openly with practitioners about Kambo, 5-MeO-DMT, Sananga, Hape, preparation, contraindications, integration, and what responsible practice looks like from the facilitator side. Sananga and Hape may be available for participants who feel called to experience them and who are appropriate to participate within the practitioners' scope and screening practices. The area will also provide an opportunity to observe elements of Kambo administration between certified Tribal Detox practitioners, making the process less mysterious for people who are simply curious.

FROG TOWN VOLUNTEERS

Adam Sanchez · Ashley Pace · Emma Hollen · Lori Nilsen · Shawn Ryan · Chad Scholl · Julie Vogel · Jessica Booth · Stacey Hunt · Stacy Deurlien

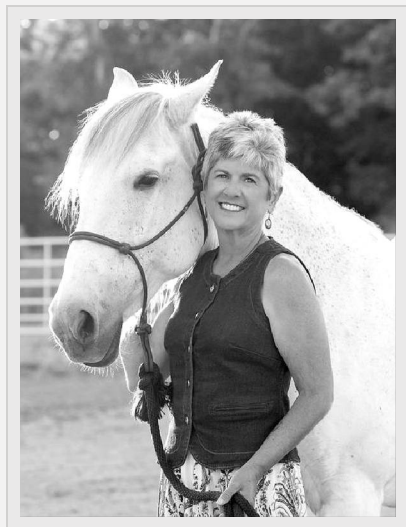




EQUINE-ASSISTED THERAPY

Healing Through Connection

Kit Maxwell · Zenhorse



FACILITATOR

Kit Maxwell

*Licensed trauma therapist · Equus
Coach Master Facilitator*

Zenhorse

zenhorse.org

THE FACILITATOR

Kit Maxwell is a licensed trauma therapist, certified Equus Coach Master Facilitator, and founder of Zenhorse, an equine-assisted nonprofit in the Greater St. Louis area. Her work partners people with formerly wild mustangs, many of whom carry their own histories of survival, adaptation and learning safety in relationship. Kit integrates trauma-informed care, mindfulness, somatic awareness, nervous-system regulation and deep knowledge of equine behavior into experiential sessions. Zenhorse serves veterans, first responders, people in addiction recovery, and others navigating trauma or life transition, with an emphasis on connection that benefits both ends of the lead rope.

THE EXPERIENCE

Healing Through Connection is a live equine-assisted demonstration exploring how horses respond to human nervous-system states in real time. After a short introduction to co-regulation, nonverbal communication, and why horses can be powerful partners in trauma work, several volunteers will be invited into guided interactions with a mustang. Kit will help the audience notice shifts in boundaries, presence, congruence, activation and settling as each interaction unfolds. Participants leave with a more embodied understanding of regulation and connection, along with practical observations they can apply to relationships with themselves, other people, and the world around them.





TRADITIONAL BLACKSMITHING

Fire, Steel + Attention

John Golightly · Big John's Forge



FACILITATOR

John Golightly

Military veteran · Professional blacksmith since 1994

Big John's Forge

ENROLLMENT

Limited by forge capacity and safety.
Advance sign-up details to follow.

THE FACILITATOR

John Golightly is a military veteran and professional blacksmith who has owned and operated a fabrication and blacksmithing shop since 1994. He is connected with the Artist-Blacksmith's Association of North America and the River Bluff Forge Council, and he has previously brought his craft into Irreverent Warriors wellness spaces and hikes. John's teaching style is direct, encouraging, hands-on, and grounded in the confidence that comes from learning to safely work with heat, steel, tools and one's own attention. He is known in the IW community as 'Big John' and brings the same warmth, humor and peer connection to his classes that he brings to the trail.

THE EXPERIENCE

This limited-enrollment, hands-on workshop introduces foundational blacksmithing while each participant creates a simple forged object. Beyond learning a traditional skill, forging can become a therapeutic practice: the rhythm of hammering, intense sensory focus, physical effort and immediate feedback from the material can draw attention into the present moment and offer a constructive outlet for stress. Students learn to work safely around the forge, control hot steel with basic hammering and shaping techniques, and experience the confidence that comes from transforming raw material through patience and repetition. Participants leave with an object they made themselves and a physical reminder of capability, persistence, focus and creative agency.





COLD PLUNGE

Cold Water Immersion

Matt Scally · Irreverent Warriors HQ



FACILITATOR

Matt Scally

U.S. Air Force veteran · Irreverent Warriors HQ staff

FORMAT

90 minutes · Education, breath regulation and supported entry

gruntstylefoundation.org

THE FACILITATOR

Matt Scally is a U.S. Air Force veteran and a core member of the Irreverent Warriors headquarters staff, where he supports training, development and healing initiatives for veterans nationwide. With a background in physical education and business, he brings both structure and lived experience to his work in the veteran community. Matt's own healing path led him into cold-water therapy and breathwork, practices he credits with helping him rebuild physical, mental and emotional resilience. He continues to deepen that work through study of the Wim Hof Method and returns to Integration Weekend as a peer facilitator focused on accessible tools veterans can experience directly.

THE EXPERIENCE

Cold Water Immersion is a 90-minute experiential class combining education, breath regulation and an opportunity to enter the cold in a supported group setting. Matt will explain the basic physiological stress response involved in cold exposure and how breath, pacing and mindset can influence the experience. Participants will be guided through preparation and safe entry rather than encouraged to compete, push through warning signs, or chase extreme exposure. The session is designed as a practical introduction to cold as a resilience and self-regulation practice, with emphasis on recovery, mental clarity, body awareness and respecting personal limits.

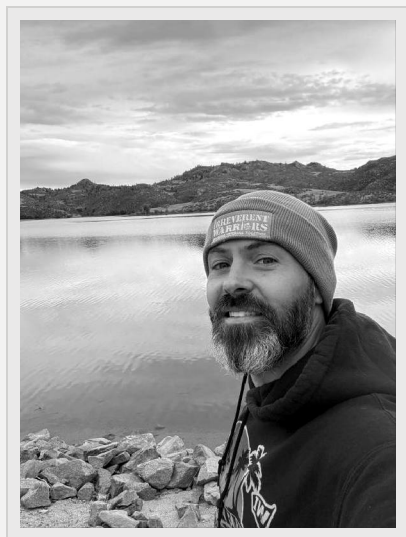




IRREVERENT WARRIORS

90-Minute IW Silkies Hike

Hugh Tychsen · Irreverent Warriors



FACILITATOR

Hugh Tychsen

Irreverent Warriors

NOT A FITNESS TEST

Accessible pace. No ruck, no competition.

irreverentwarriors.com

THE FACILITATOR

Hugh Tychsen brings the culture and camaraderie of Irreverent Warriors directly into Integration 2026. Through IW, veterans are brought together through humor, movement, fellowship and the kind of unfiltered peer connection that can be difficult to recreate after military service. Hugh will lead this shortened Integration version of the signature Silkies Hike with the same emphasis on belonging, accessibility and veteran-to-veteran connection.

THE EXPERIENCE

This 90-minute IW Silkies Hike is not a fitness challenge or ruck competition. Participants will move together at an accessible pace, laugh, talk, and create natural opportunities for connection while experiencing the spirit of an IW hike within the Integration weekend. The purpose is simple: get veterans together, get outside, and make room for genuine camaraderie. The experience reflects Irreverent Warriors' broader mission of improving veteran mental health and helping prevent veteran suicide by rebuilding connection and community.

“Get veterans together, get outside, and make room for genuine camaraderie.”





FRAGRANCE + SENSORY PRACTICE

The Incense Journey™

John Launius, CHt, CPTD · Shihan Wellness



FACILITATOR

John Launius

Founder, Shihan Wellness · Director of
Community Outreach, SOCN

Shihan Wellness

THE FACILITATOR

John Launius, CHt, CPTD, is founder of Shihan Wellness and Director of Community Outreach for the Special Operations Charity Network. He brings more than four decades of study and experience in the relationship between fragrance, the body and the mind. John is the founder of Fragrance Hypnosis™ and The Incense Journey™, a certified clinical hypnotherapist through the National Guild of Hypnotists, and a formal teacher and Master of Ceremonies (Kōmoto) in Kōdō, the Japanese Way of Incense.

THE EXPERIENCE

The Incense Journey™ is a worldwide fragrance experience drawn from cultures, faiths and fragrance traditions across the globe. Participants encounter real, all-natural rare woods, resins, botanicals and carefully selected fragrances while exploring the connections among scent, memory, attention, emotion and internal state.

The experience invites participants to slow down and become fully present. Attendees leave with a memorable sensory experience and practical ways to use natural fragrance as an anchor for calm, clarity, focus, transition and personal ritual.

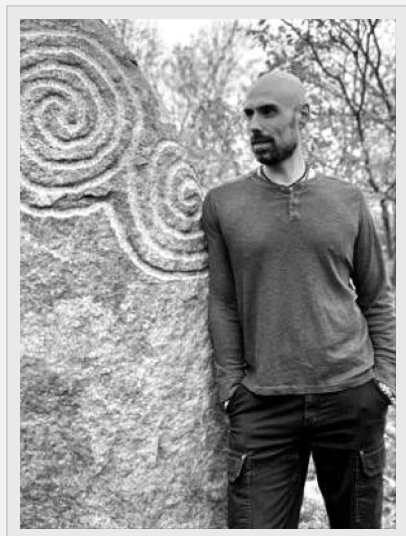




GROUP REGRESSION HYPNOSIS

Past Lives, Guides + Guardians

Dr. Scott Koeneman · Matrix Hypnosis



FACILITATOR

Dr. Scott Koeneman

QHHT Certified Level 2 · Founder,
Matrix Hypnosis

Third-year Integration instructor

matrix-hypnosis.com

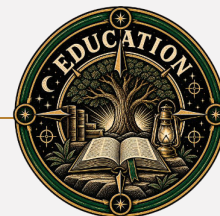
THE FACILITATOR

Dr. Scott Koeneman is a QHHT Certified Level 2 Practitioner, founder of Matrix Hypnosis, and a returning third-year Integration instructor. He has practiced hypnosis for four years and brings a background that includes a Doctor of Management in Organizational Leadership, a Master of Management, and Lean Six Sigma Black Belt training. Scott's facilitation combines structure, calm pacing and a strong respect for participant autonomy. His work is designed to give people an inward path that does not require public disclosure, allowing imagery, emotion, memory, symbolism and personal meaning to emerge at each person's own pace.

THE EXPERIENCE

Past Lives, Guides and Guardians is an immersive group-regression experience rooted in Dolores Cannon-style hypnosis and deep relaxation. Participants are guided through grounding, breath awareness, and a transition into a relaxed theta state before moving through imagery involving past-life material, inner guidance, guides or guardians. Some people may experience vivid scenes while others may notice impressions, emotions, sensations or a quieter form of inner knowing; there is no required outcome. Journaling and reflection are encouraged so that whatever arises can be integrated with curiosity rather than treated as something that must be interpreted in one specific way.





PLANT MEDICINE EDUCATION

Ayahuasca: Past, Present + Future

Justin Zachariewicz · Grunt Style Foundation



FACILITATOR

Justin Zachariewicz

*Ordained minister · Musician
· Herbalist*

Program leadership, Grunt
Style Foundation

gruntstylefoundation.org

PLEASE NOTE

This session is educational and
experience-based, not medical advice.

THE FACILITATOR

Justin Zachariewicz is an ordained minister, musician, herbalist and long-time practitioner in the field of psychedelic healing and plant medicine. His work with Ayahuasca has included years of study, ceremony support, facilitation, integration and continued engagement with traditional South American lineages and contemporary approaches. He brings together spiritual practice, herbal knowledge, music, cultural context and practical harm-reduction considerations rather than presenting Ayahuasca as a single technique or universal answer. At Grunt Style Foundation he also serves in program leadership, helping build Integration experiences that connect veterans with a wider range of healing, ceremonial and community resources.

THE SESSION

Ayahuasca: Past, Present + Future traces the medicine from its traditional Amazonian and ceremonial roots into the global psychedelic landscape that exists today. Justin will explore how indigenous traditions, syncretic churches, retreat culture, underground practice, clinical research, policy, commercialization and modern integration models are now intersecting around the same medicine. The session will also examine recurring questions of preparation, safety, ethics, cultural respect, facilitator responsibility, integration, and the difference between an extraordinary experience and long-term transformation.





KAVA + COMMUNITY PRACTICE

Kava Social: A Different Way to Unwind

Justin Zachariewicz · Grunt Style Foundation



FACILITATOR

Justin Zachariewicz

Herbalist · Plant-medicine educator

FORMAT

Open sign-up · Optional kava service ·
Alcohol-free

THE FACILITATOR

Justin Zachariewicz is an herbalist, ordained minister, musician, plant-medicine educator and Integration program leader. His work has long included practical herbal traditions alongside ceremonial and psychedelic education, with an emphasis on tools people can actually carry into ordinary life. Rather than treating relaxation or connection as something that only happens in a retreat setting, Justin is interested in simple, repeatable rituals that can create a healthier rhythm at home.

THE EXPERIENCE

The Kava Social is an experiential gathering built around kava, a traditional Pacific Island plant beverage long associated with hospitality, conversation and relaxed social connection. Justin will offer a short introduction to its history, cultural use, preparation and basic considerations before participants who choose to do so have an opportunity to imbibe. The gathering offers an alcohol-free model for unwinding together — keeping the familiar social ritual of sharing a drink while shifting the emphasis toward presence, conversation and intentional relaxation rather than intoxication. The larger goal is to model a simple, repeatable take-home practice.





BREATHWORK + INTEGRATION

Breathwork

Will Wisner · Grunt Style Foundation



FACILITATOR

Will Wisner

Grunt Style Foundation · Irreverent Warriors programming

PLEASE NOTE

Breathwork can be activating. Engage at your own pace and reduce intensity whenever you need to.

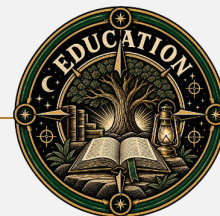
THE FACILITATOR

Will Wisner is part of the leadership behind Grunt Style Foundation and Irreverent Warriors programming and has been directly involved in building veteran-centered spaces for connection, healing and reintegration. His work places particular emphasis on community, peer support, and giving veterans access to experiences outside the narrow boundaries of conventional wellness programming. At Integration Weekend he brings that same leadership presence into a participatory breathwork setting.

THE EXPERIENCE

Will's breathwork session will offer a structured opportunity to work directly with breathing, attention and the body's stress response. The practice is intended to support nervous-system regulation, presence, emotional movement and reconnection in a setting where participants can engage at their own pace. Breathwork can be physically and emotionally activating, so the session will emphasize choice, self-awareness, grounding and the ability to reduce intensity whenever needed. Participants should expect an experiential practice rather than a lecture, followed by time to settle, reflect and reconnect with the larger Integration community.

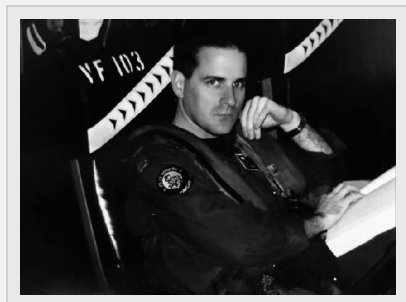




IBOGAINE EDUCATION

Ibogaine: Experience, Preparation + Integration

Trey Warren



FACILITATOR

Trey Warren

Navy combat veteran · F-14 and F-18 aviator · TOPGUN graduate

PLEASE NOTE

Educational and experience-based.
Not medical advice.

THE FACILITATOR

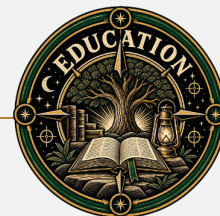
Trey Warren is a Navy combat veteran, former F-14 and F-18 aviator, TOPGUN graduate, veteran peer supporter and legislative advocate working to expand responsible access to emerging therapies for veterans and first responders.

THE SESSION

Drawing from multiple firsthand Ibogaine experiences in Mexico and subsequent peer-support work with veterans, Trey will offer an educational overview of the Ibogaine journey: preparation, provider selection and safety considerations, what the experience can involve, and the importance of thoughtful integration afterward. The session is educational and experience-based rather than medical advice, with an emphasis on informed decision-making, realistic expectations and veteran-to-veteran perspective.

Informed decision-making, realistic expectations,
and a veteran-to-veteran perspective.

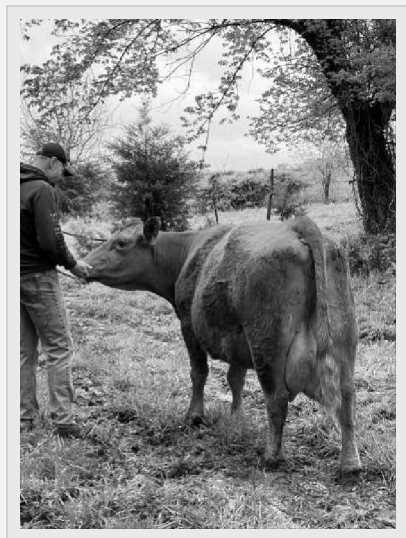




REGENERATIVE AGRICULTURE

Homesteading + Regenerative Agriculture

David Yanak · DNA Acres



FACILITATOR

David Yanak

Air Force veteran · First-generation farmer

DNA Acres · Pasture to plate
dna-acres.com

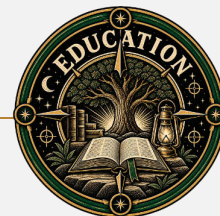
THE FACILITATOR

David Yanak is an Air Force veteran and first-generation farmer who built DNA Acres without growing up in the agricultural world. He is a member of the American Simmental Association and the Farmer Veteran Coalition, is Homegrown by Heroes certified, and has completed educational programming through the Noble Research Institute. What began with a small flock of chickens has grown into a diversified operation involving hundreds of meat birds, turkeys, laying hens, cattle and more than 200 acres. David's story centers on learning by doing, building self-sufficiency over time, and discovering that farming can become both a practical livelihood and a renewed sense of mission after military service.

THE SESSION

This session follows DNA Acres from its beginnings with 28 chickens through the development of a larger regenerative farming operation. David will discuss what it takes to start small, learn livestock systems, rethink conventional agricultural practices, and move toward models that prioritize soil, animals, food quality and long-term resilience. The class is especially intended to show veterans that farming does not have to mean inheriting land, growing up in agriculture, or immediately taking on a huge operation. Participants will leave with a realistic picture of how food production, self-sufficiency and regenerative practices can offer purpose, meaningful work and a tangible next mission.

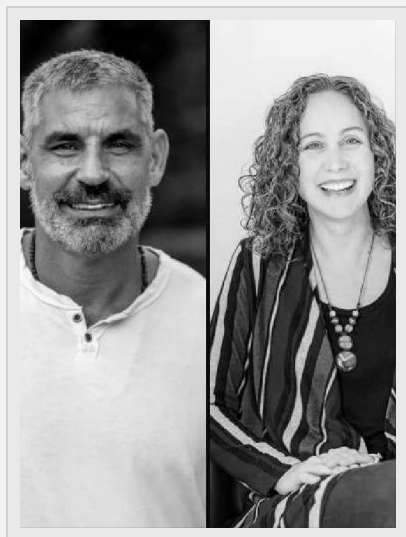




5-MEO-DMT EDUCATION + INTEGRATION

Beyond the Breakthrough

Stephan Kerby + Amber Kerby, LMFT · Mindscape Psychedelic Institute



FACILITATORS

Stephan + Amber Kerby

*Marriage and Family Therapists ·
Psychedelic integration specialists*

Mindscape Psychedelic Institute

mindscapeinstitute.org

PLEASE NOTE

This session is educational and
experience-based, not medical advice.

THE FACILITATORS

Stephan Kerby is a military veteran, Marriage and Family Therapist, co-founder of Mindscape Psychedelic Institute, educator, author and psychedelic integration specialist. He has nearly a decade of experience in trauma-informed psychedelic preparation, facilitation, harm reduction, professional education and integration. Co-presenter Amber Kerby, LMFT, is a psychedelic therapist and trainer whose work includes ketamine-assisted psychotherapy, Internal Family Systems, trauma-informed care and psychedelic integration. Together they bring both clinical and lived perspective to questions of identity, trauma, moral injury, relationships, and what meaningful change looks like after a powerful experience.

THE SESSION

Beyond the Breakthrough examines 5-MeO-DMT with particular attention to veterans, trauma, risk, preparation and long-term integration. The session distinguishes between having an intense or meaningful experience and actually resolving the complex realities of PTSD, grief, moral injury, survivor's guilt or post-service identity. Stephan and Amber will discuss practical questions to ask before participating, what trauma-informed support can look like, and how insights may be translated into relationships, purpose and everyday life. Participants should leave with a clearer sense of both the emerging potential and the important limitations of this work.





CREATIVE WRITING

Wild Voices

Heather Lynn · Wildly Creative Life



FACILITATOR

Heather Lynn

MFA-trained creative writing
instructor · Veteran

Sharing is always optional.
Beginners welcome.

wildlycreativelife.com

THE FACILITATOR

Heather Lynn is an MFA-trained creative writing instructor, mentor and veteran who has designed and taught adult creative writing programs since 2019. Through Mesa Arts Center's Arts in Service program, she works directly with veterans and service members, creating low-pressure spaces where storytelling, curiosity and creative expression can support connection and personal reflection.

THE EXPERIENCE

Wild Voices is a welcoming creative-writing workshop designed to help participants reconnect with their own voice. Guided prompts draw from images, memories, observation, fiction, poetry and unexpected moments of inspiration so that beginners and experienced writers can participate side by side. Sharing is always optional; the emphasis is on curiosity, experimentation, and rediscovering creativity without pressure to disclose personal material. Participants may leave with a poem, a story, a new perspective, or simply a renewed sense that their voice and experience are worth making room for.

No experience required. Bring something to write with.





QIGONG + TAI CHI

Open Heart Qigong

Susan M. Taylor + R. Shawn Tucker



FACILITATORS

Susan M. Taylor + R. Shawn Tucker

Licensed physical therapist · Decades teaching Taijiquan and Qigong

No martial-arts or Qigong experience required.

emerginggong.org

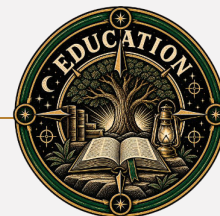
THE FACILITATORS

Susan M. Taylor and R. Shawn Tucker bring together veteran-centered experience, movement practice, and an integrative approach to healing through Qigong and Tai Chi. Shawn is a licensed physical therapist who has taught Taijiquan and Qigong for decades, including work with people living with chronic pain, cancer, multiple sclerosis, mental-health challenges and military trauma. Susan and Shawn have collaborated in programming where Qigong was used as a supportive modality for women veterans experiencing post-traumatic stress and childhood trauma. Their work emphasizes movement that is accessible, self-paced and grounded in the practical use of breath, relaxation, attention and embodied awareness.

THE EXPERIENCE

Open Heart Qigong introduces participants to meditative movement, self-massage, breath and Taoist concepts that can be applied to everyday self-regulation. The practice explores principles such as yin and yang, wu wei, and grounded presence without requiring prior experience in martial arts or Qigong. Participants are invited to notice how subtle shifts in posture, breathing and attention can change their felt sense of tension, stability and energy. The session concludes with reflection and offers simple practices that can be carried into daily routines as tools for relaxation, awareness and resilience.





KAMBO EDUCATION

Kambo: An Ancient Medicine for Modern Healing

Emily + Michael Johnson · Loving Kambo



FACILITATORS

Emily + Michael Johnson

Tribal Detox-trained Kambo practitioners

Third year at Integration

lovingkambo.net

PLEASE NOTE

This session is educational and experience-based, not medical advice.

THE FACILITATORS

Emily and Michael Johnson are Tribal Detox-trained Kambo practitioners whose work focuses on grounded preparation, clear communication and steady support. Their connection to this community grew through volunteering with Grunt Style Foundation's Integration Event, where they are now returning for a third year. They have worked with people navigating stress, anxiety, trauma, emotional overload, and the persistent 'always on' state many veterans describe. Their style is practical and approachable, with a strong emphasis on helping people feel informed and supported rather than pressured toward any particular choice.

THE SESSION

This session introduces Kambo in clear, accessible language, including where the practice comes from, how it is used today, and why people seek it out. Emily and Michael will discuss their own experiences, basic information about Kambo's bioactive peptides, and what responsible preparation and integration can look like. Safety considerations and questions about who may or may not be an appropriate candidate are treated as central rather than secondary topics. The goal is not to convince anyone to participate, but to give attendees enough context, real-world perspective and practical information to make more informed decisions about their own healing path.





YOGA + SOMATIC PRACTICE

Yin Yang Yoga

Anthony Strauss · Yin Yang Yoga STL



FACILITATOR

Anthony Strauss

Marine Corps veteran · RYT-200 · Yin
Yoga teacher · Reiki practitioner

All bodies and experience levels.
Modifications offered throughout.

[@yinyangyogastl](https://www.instagram.com/yinyangyogastl)

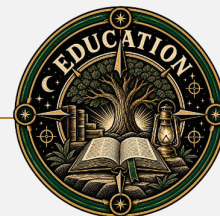
THE FACILITATOR

Anthony Strauss is a Marine Corps veteran, 200-hour registered yoga instructor, Yin Yoga teacher and Reiki practitioner. He regularly leads chair yoga with veterans and has more than four years of experience teaching across parks, community settings, paddleboard yoga and other accessible formats. Anthony emphasizes trauma-informed teaching and works intentionally with different body types, experience levels and physical capacities. His veteran background gives him a shared cultural point of connection with many attendees while his teaching focuses on helping people access steadiness, play and embodied awareness.

THE EXPERIENCE

Yin Yang Yoga blends movement, stillness, breathwork and energetic awareness into a balanced practice. The session moves between active and receptive qualities so participants can notice how effort, relaxation, breath and attention affect the nervous system. Modifications make the class approachable for a range of bodies and experience levels, with no expectation of advanced yoga ability or flexibility. Anthony's intention is to create a veteran-led space where people can reconnect with the body, cultivate internal steadiness, and experience movement as a pathway toward greater peace.





PLANT MEDICINE EDUCATION

Mushroom Ceremony + Integration

Trish Hiduk · Heartspace Integration



FACILITATOR

Trish Hiduk

Mushroom ceremonialist

Heartspace Integration

PLEASE NOTE

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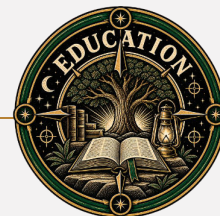
THE FACILITATOR

Trish Hiduk is a mushroom ceremonialist whose work grew from years of personal experience, apprenticeship and direct facilitation. She trained with Shaman Jay Cervania of Chicago from 2018 through 2021 and has since helped lead hundreds of individual and group ceremonies. Her work places particular attention on childhood trauma and the ways earlier life experiences can continue to shape adult patterns and healing processes. Trish approaches this field relationally, emphasizing ceremony, preparation, trust, and helping people make meaning of what arises rather than treating medicine work as an isolated event.

THE WORKSHOP

This workshop explores mushrooms through the combined lenses of ceremony, personal experience, science and integration. Trish will discuss how intentional preparation and a well-held container can influence the experience, while also speaking to the importance of what happens afterward. Participants will hear practical reflections on navigating difficult material, approaching childhood trauma with care, and recognizing that powerful experiences still require ongoing integration. The session remains centered on responsible, heart-led education and the role of ceremony in healing.





BUFO / 5-MEO-DMT EDUCATION

Bufo: Beyond the Armor

Julie Vogel

FACILITATOR

Julie Vogel*Educator · Plant- and amphibian-
medicine facilitator*

Also a Frog Town volunteer

[@kambocoyote](#)**PLEASE NOTE**

This session is educational and
experience-based, not medical advice.

THE FACILITATOR

Julie Vogel has more than five years of professional experience facilitating and teaching plant- and amphibian-medicine work. Her background as a long-time educator informs a facilitation style centered on clear communication, compassion, safety, and the ability to make complex topics understandable. Coming from a family of veterans and first responders, she has a personal appreciation for the particular burdens carried by service communities and the need for accessible, trauma-informed support. Her broader service has included work with AMVETS, Bridges to Life and Woman Within International, reinforcing her focus on resilience, purpose and community healing.

THE SESSION

Bufo: Beyond the Armor is an educational exploration of Bufo / 5-MeO-DMT and the questions that surround its use for healing, consciousness and personal transformation. Julie will discuss what 5-MeO-DMT is, common themes people report, current conversations around research, and the importance of preparation, appropriate screening, responsible facilitation and integration. The class also examines why profound experiences do not automatically become durable life changes without ongoing support, nervous-system work, community and reflection. Participants are invited into a thoughtful conversation rather than a sales pitch, with room for curiosity, skepticism and multiple perspectives.





MEDITATION

The 6Rs of Meditation

Roger Hiduk



FACILITATOR

Roger Hiduk

Twelve years of practice · Two ten-day silent retreats

For beginners and experienced meditators alike.

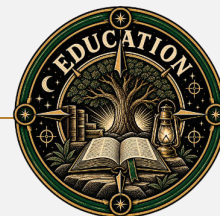
THE FACILITATOR

Roger Hiduk has practiced meditation through a variety of methods for more than twelve years. He has completed two ten-day silent retreats at Dhamma Sukha Retreat Center, where he studied the 6R meditation method and undertook the retreat's monastic vows. Roger has also sat with veterans in plant-medicine settings as both a participant and facilitator, giving him experience with meditation as a practical support tool in emotionally intense environments. His teaching emphasizes accessibility, relaxation, open-hearted attention, and the idea that meditation can be useful even for people who have struggled with conventional approaches.

THE WORKSHOP

The 6Rs of Meditation introduces a simple sequence for noticing tension, releasing it, and gently returning attention to the present. Roger teaches the method as both a daily practice and a navigational tool that can be applied during challenging emotional or altered-state experiences. The workshop is designed for beginners as well as experienced meditators, with an emphasis on practical use rather than performance or forcing the mind to become blank. Participants will leave with a repeatable technique they can use for refocusing, relaxing the body, softening reactivity, and cultivating a more spacious relationship with thoughts and emotions.





BIONUTRITION + ADDICTION RECOVERY

The Neuro Solution

Jessica Booth · Rhythm In Recovery



FACILITATOR

Jessica Booth

Founder, Rhythm In Recovery

CREDENTIALS

Certified Holistic Addictions
Professional · Certified
Nutritional Counselor · National
Interventionist Professional

THE FACILITATOR

Jessica Booth has worked across substance-use treatment, mental-health support, nutrition, intervention and community programming since 2009. Her credentials include Certified Holistic Addictions Professional, Certified Nutritional Counselor, National Interventionist Professional, Certified Event Interventionist and Certified Motivational Interventionist. She is also the founder of Rhythm In Recovery and has extensive experience facilitating groups and mentoring individuals across multiple levels of care.

THE SESSION

The Neuro Solution explores how chronic stress, trauma, depression, anxiety and addictive patterns can intersect with brain chemistry and nutritional status. Jessica introduces targeted amino-acid therapy as one tool within a broader conversation about neurotransmitters, recovery and whole-person support. Participants will work through relatable examples and self-reflection exercises intended to make the science understandable rather than abstract, leaving with practical concepts to explore and a more hopeful view of the brain's capacity for change.

Making the science understandable rather than abstract.





PNS ACTIVATION · AMYGDALA DEACTIVATION · EMDR

Silence the Storm

Ryan Curtiss · Tactical Trauma Therapy



FACILITATOR

Ryan Curtiss

*Licensed mid-level practitioner
(Texas) · Anxiety and trauma SME*

Founder, Tactical Trauma
Therapy, PLLC

Founder, Tactical Tribe (501(c)(3))

tacticaltraumatherapy.com

THE FACILITATOR

Ryan Curtiss is a licensed mid-level practitioner in Texas and a subject-matter expert in anxiety and trauma, working across EMDR, crisis intervention, critical-incident response and debriefing, and therapy and counseling. He is a medically retired service member who has lived with trauma, emotional wounds, anxiety, chronic pain, loss of mobility and functioning, and depression — and he says he has worn at least one of the shoes of anyone he helps. Ryan is the founder of Tactical Trauma Therapy, PLLC and of Tactical Tribe, a 501(c)(3) nonprofit headquartered in Boerne, Texas.

THE SESSION

This session covers the parasympathetic nervous system, the amygdala, EMDR and the brain, and how the body keeps score and stores its wounds. Ryan teaches PNS activation and regulation alongside amygdala deactivation skills — a holistic approach to activating the body's own systems to regulate from within. In real time, participants can expect to feel anxiety and the distress level of triggers and traumas decrease as they use the skills. Time permitting, Ryan will offer his approach to EMDR with some participants during the session or across the weekend.

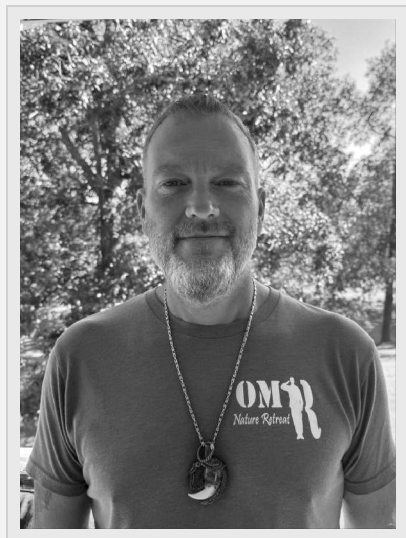




GROUNDING + ENERGY WORK

Cleansing + Protection Training

Jim Brown · Old Man River Nature Retreat



FACILITATOR

Jim Brown

USMC Reserve veteran · Reiki Master since 2018

Founder and President, Old Man River Nature Retreat

oldmanriver.org

THE FACILITATOR

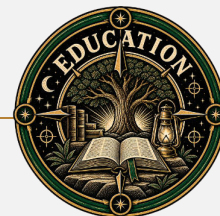
Jim Brown is a U.S. Marine Corps Reserve veteran and the founder and president of Old Man River Nature Retreat, a veterans-focused 501(c)(3) supporting veterans, first responders and their families. He has been a certified Reiki Master since 2018, completed sound-therapy training in 2025, and has more than two decades of study in esoteric traditions and natural medicine.

THE EXPERIENCE

This experiential workshop explores practical cleansing, grounding and protection practices through breath, intention, mindfulness, sound and connection with nature. Participants will be guided through hands-on practices while developing a personal approach that resonates with them, leaving with simple tools that can become a repeatable daily practice for grounding, awareness and renewal.

Simple tools that can become a repeatable daily practice.

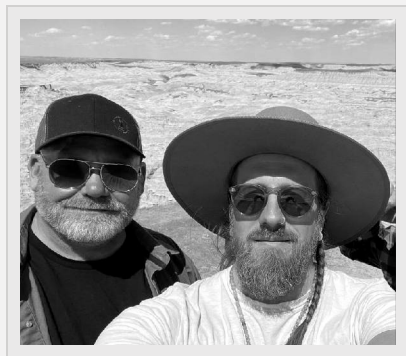




HERMETIC PHILOSOPHY

Introduction to the Hermetic Principles

Will Wisner + Justin Zachariewicz



FACILITATORS

Will Wisner + Justin Zachariewicz

Grunt Style Foundation

A primer for newcomers, and a fresh angle for those already familiar.

THE FACILITATORS

Will Wisner and Justin Zachariewicz bring complementary perspectives to a practical introduction to Hermetic philosophy. Together they will frame the principles not simply as abstract ideas, but as a set of lenses for examining perception, patterns, personal responsibility and the way we move through change.

THE SESSION

An accessible introduction to Hermetic philosophy and its practical application to everyday life. Will and Justin will explore the core Hermetic principles as a framework for understanding the relationship between mind, perception, circumstance and the patterns we encounter throughout the human experience. Participants will consider how these principles can become practical tools for self-awareness and reflection: recognizing recurring patterns, shifting perspective, working more intentionally with internal states, and better understanding our relationship to the world around us. The session is designed as a primer for newcomers while offering those already familiar with Hermetic thought a grounded opportunity to consider how the principles can be integrated into daily practice.



Nourishing the weekend

Integration Weekend is supported by people and organizations contributing food, service, supplies and care behind the scenes. These partners help make it possible to gather for several days with meals, coffee, snacks and the practical support that keeps a large community moving. We are grateful for the generosity and effort that goes into nourishing participants, volunteers, facilitators and staff.



Ranch + Rifle

Cooking for the weekend and helping bring the meal program together.

ranchandrifle.com



DNA Acres

Air Force veteran David Yanak's farm is supplying food for the weekend.

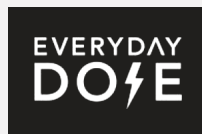
dna-acres.com



Paleovalley

Supporting the event with donated provisions for participants.

paleovalley.com



Everyday Dose

Supporting the weekend with a coffee donation for the community.

everydaydose.com

Support acknowledgments reflect confirmed event contributions as of this edition.



Integration 2026

SEPTEMBER 18-20 · CUIVRE RIVER STATE PARK

Integration
2026

GRUNTSTYLEFOUNDATION.ORG



FROG TOWN

COME IN, YOU'RE INVITED.

