



The Oasis Experience

Every two to four weeks, Entrada's young adult groups hike to our beautiful high desert Oasis, where mustangs, elk, hawks, and many other species of wildlife converge at the year-round natural spring. Nestled between rolling hills with spectacular views of the surrounding mountains, the Oasis accommodations include yurts with cots for sleeping, a kitchen for cooking, showers, and toilets. The Oasis also has a fitness area, a group fire pit pavilion, herb and vegetable gardens, a labyrinth, and several meditation areas.

Visits to the Oasis are a time for reflection, community building, and introspection. The Oasis provides opportunities for physical, emotional, and spiritual replenishment, as well as increasing personal productivity.

evoke



Along with our Field Instructors, the Oasis Experience is hosted by our Health and Wellness Coordinator and includes the following:

- Eating specialized cuisine
- Learning new recipes and nutrition to support better emotional, mental, and physical health
- Participating in Yoga with registered and experienced instructors
- Exploring mindfulness techniques such as mindful eating and breathing work
- Spending reflection time at our labyrinth, prayer flag tree, or other sacred places
- Building a meditation practice from a vast array of disciplines
- Sleeping in a bed and taking a hot shower
- Reviewing personalized treatment goals with therapists and staff
- Reviewing and submitting accredited college coursework when applicable
- Meeting with our Health and Wellness Coordinator to review personal health plan goals
- Participating in specialty groups, like 12-Step and Trauma Groups
- Watching inspirational videos on our large projector screen
- Interacting with special guest speakers presenting on relevant treatment topics
- Participating in drum circles and other musical activities

The daily schedule includes elective and appointed activities that foster self-motivation, mindfulness, and increase the participant's investment in utilizing newly acquired skills and insights. As the visit to the Oasis concludes, the participants will take back to the trail, continuing their journey toward a greater sense of empowerment and clarity.



Admissions Information

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