# Transformative retreat for LGBTQ+ men



In today's digital age, where social platforms often fail to cultivate meaningful connections, gay, bisexual, and transgender men are increasingly finding themselves isolated and longing for a deeper sense of community. Addressing this pressing need, Mindfully Gay is hosting a unique retreat from September 20 to 22 in Sandy, Utah, aimed at fostering genuine connections and community-building.

The retreat, meticulously curated, offers a space where men from the LGBTQ+ community can come together to explore their interests, share personal stories, and celebrate their diverse experiences. The organisers have highlighted the importance of creating a supportive and understanding environment, acknowledging and honouring each participant's unique journey.

Attendees will partake in a variety of activities designed to nurture both body and spirit. The event features yoga sessions, sound healing practices, and rituals dedicated to personal growth and transformation. Additionally, sharing circles will offer a safe space for participants to express their experiences, thereby fostering deeper connections and mutual understanding.

Set against the serene backdrop of a private residence in Sandy, Utah, the retreat promises a blend of relaxation and reflection. Communal sleeping arrangements on floor mats, futons, or camping in the yard are designed to promote closeness and camaraderie among attendees. The registration fee of $250 includes housing accommodations, meals, supplies, and tuition. Given the intimate nature of the event, spaces are limited, and early registration is encouraged.

The three-day retreat schedule promises a rich array of activities. Participants can expect meet and greet sessions, meditations, yoga, recreational activities, nutritional guidance, and acupuncture sessions aimed at enhancing relaxation. The event will also include rituals and ceremonies, such as a sweat lodge, to facilitate meaningful, heart-centred connections.

The team of facilitators brings together a wealth of expertise and experience:

* Jerry Buie, MSW: Owner of Pride Counseling, Utah’s first openly out and LGBTQIA+ affirming practice. Since 1998, Jerry has been a cornerstone of the community, addressing diverse mental health needs. His mentorship in various indigenous earth-based systems, including Native American traditions, Andean practices, Amazonian influences, Dagara (Burkina Faso), and Mongolian Shamanism, enriches his guidance.
* John Cottrell, PhD: A clinical psychologist with extensive experience in psychotherapy, drug and alcohol treatment, and psychological testing. Based in Salt Lake City, John is also a certified yoga instructor, personal trainer, and sports nutritionist, offering a holistic approach to healthy living.
* Nick Walton: A certified nutritionist, Nick specialises in managing chronic diseases through evidence-based nutrition. His personalised, budget-conscious approach focuses on sustainable health practices.

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Together, these facilitators will create the transformative “magic” of the Mindfully Gay retreat, providing a space where healing, personal growth, and deep connection can flourish.

This retreat presents a rare opportunity for gay, bisexual, and transgender men to step away from the unsatisfactory realm of social apps and instead, connect with like-minded individuals in a nurturing environment. It is an invitation to explore, heal, and celebrate in a community where they can truly belong.

**mindfullygay.com**.