

YOGA WARRIORS

HEALING THE WOUNDS OF WAR BREATH BY BREATH

FREE

drop-in Yoga classes for active and retired military
with

Post Traumatic Stress Disorder (PTSD)

New Dates!

- November 6
- November 13
- November 20
- November 27
- December 4
- December 11

A series of six FREE specialized classes

Tuesdays in November & December

4:15—5:15 pm

The Energy Zone (behind the Drill Hall)

Studio B



Benefits of yoga for those with PTSD:

- Helps alleviate anxiety, depression, and paranoia
- Calms the nervous system
- Reduces hyper-arousal
- Improves sleep

To register, call or email:

Kerry Davis, MWR Fitness Coordinator
301-995-3869

Kerry.a.davis@navy.mil

For more information about the class, email:

Susan Grier, RYT 200, Instructor
smgrier@md.metrocast.net

