

**FREE YOGA FOR SERVICE MEMBERS, VETERANS, SPOUSES, 1<sup>st</sup> RESPONDERS & MEDICAL SUPPORT PROFESSIONALS**



*Serving Those Who Have Served*

CW yoga instructors are a minimum of 200 hr. certified instructors with additional training in trauma-conscious teaching methods.

- Improve resiliency
- Increase range of motion
- Manage stress
- Lower blood pressure
- Relieve chronic pain
- Increase patience
- Improve sleep

Connected Warriors yoga classes are covid compliant. Please wear a mask when not on the mat, sanitize hands and social distance. Temp & sign in upon entry.



**STARTS July 6<sup>th</sup> 2021  
EVERY TUESDAY 10 – 11 AM**

**Veterans Association of North County  
1617 Mission Ave, Oceanside, CA**

Please bring a mat, block, strap and water.  
Wear comfortable clothing for stretching.

[connectedwarriors.org](http://connectedwarriors.org)

**Updated Calendar of Events  
Online at Connected Warriors  
SoCal Meetup Group**

