



# Yoga Warriors International™

## Yoga classes for Military Personnel and First Responders.

“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”

— Rumi

### Yoga Warrior

Tuesday  
9:15-10:15am

### Qigong class

Tuesday  
10:30-11:30am

~First class of the session will be on May 6th. Please arrive a few minutes early to register.

**Yoga Warriors** classes are gentle, beginner yoga classes . They are designed to introduce the basics of yoga and include positive affirmations, yoga postures, breathing, and relaxation techniques. Emotional healing and focus on a relaxed pace in a safe and nurturing environment are all emphasized in the classes. Yoga Warriors is a simple, effective technique that delivers inner peace, vibrant health and relaxation.

### Mission of YOGA WARRIORS

#### INTERNATIONAL™

**To alleviate symptoms of combat stress (COSR) and post-traumatic stress disorder (PTSD) and increase the resilience of critical task performers working in high stress environments, including affected caregivers and family members by providing evidence-based yoga practices.**

### Benefits of a Yoga Warriors Practice:

- Develop a flexible mind set, one that can rise to meet day-to-day challenges and quickly return to a calm, relaxed state.
- Manage emotions in day-to-day life using positive stress management techniques.
- Become more present in the moment by drawing awareness to the breath and bodily sensation.
- Improve energy level to support meeting one's daily needs and goals.
- Improve self-acceptance and self-esteem by using affirmations to reduce and reverse negative thinking patterns.

Classes held at:

Luth's Family Karte

306 Main Street, Groton, MA

(978) 448-3600

[www.harmonyyogaandmassage.abmp.com](http://www.harmonyyogaandmassage.abmp.com)