

# VYP FAST FACTS

Together, we empower Veterans to live, thrive, and belong!



# 33.7k

Total Live Encounters

+5%

[WWW.VETERANSYOGAPROJECT.ORG](http://WWW.VETERANSYOGAPROJECT.ORG)



# 9.1k

Encounters with Recorded Material on Sound Cloud and YouTube

# 140

Mindful Resilience Training Graduates (MRT, MRYTT)

# 166

Active Volunteers

# 10.1k

Volunteer Hours

# 1k

Active Donors

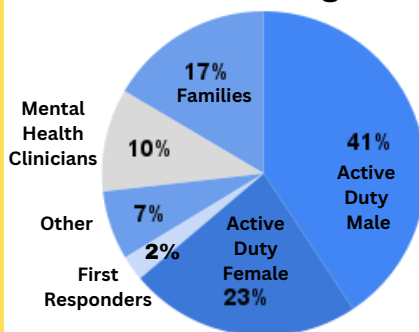
## Who We Are

Veterans Yoga Project is a national nonprofit organization on a mission to support recovery and resilience among our Veterans, service members, military families, and communities. VYP envisions a future where all those affected by trauma have access to a full range of mind-body practices and programs to support mindful resilience and post-traumatic growth.

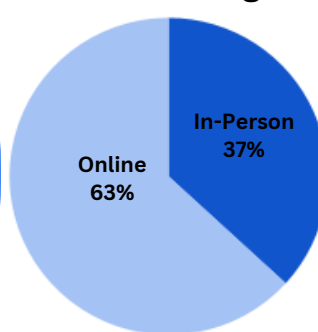
Founded in 2011, VYP is a 501(c)(3) IAYT member school, as well as an NBCC Approved Continuing Education Provider and a certified Yoga Alliance School (RYS-200, YACEP). We work to support Veterans, active duty military personnel, student Veterans' organizations, Veterans' treatment centers, and other nonprofit organizations. VYP-trained instructors and clinicians, many are Veterans themselves, teach nearly 5,000 classes annually and provide programs, resources, and connections.

## Who and How We Serve

Who We Taught



How We Taught



### Taking Away Pain & Stress Every Day

In 2024 participants reporting their pain and stress levels were able to reduce them by over 70%

**72%**  
Reduction in Pain

**76%**  
Reduction in Stress

2024 VYP evaluation of program effectiveness using Subjective Pain and Distress Scores (SUDS) for all programs.