

Supporting Veterans to **LIVE. THRIVE. BELONG.**

FREE Yoga and Breathwork Just for You

Join us for over 100 classes
offered online and in person weekly!



VETERANS YOGA PROJECT

Mindful Resilience 

Together, we are making a difference by reducing pain and stress levels every day with mindful movement and resiliency practices.

Join the thousands of veterans, active duty, reservists, family members and supporters who are already being empowered to

Live. Thrive. Belong.

There's a class for everyone. Taught by many veteran teachers, you'll find all levels of yoga and breathwork available, including Chair Yoga and Yoga Nidra.

Locate In Person Classes at
www.veteransyogaproject.org/regions

DONATE 



Where to Find Us Online?
www.veteransyogaproject.org/vyp-classes



We are a 501(c)(3) nonprofit, volunteer-based and an approved partner of the Dept. of Veteran Affairs.

