



Announcing the Dedication of the Veterans Yoga Project Rick Rowan Online Studio

Just over a year ago, Rick Rowan made his transition from this life leaving an indelible presence both here at the Veterans Yoga Project and in the hearts and minds of many throughout the world.

Rick Rowan's life is marked by military service, devotion to family, his wife, Vicki and continuing service to others in civilian life. He graduated from the Air Force Academy in 1967. He was an Air Force Major having flown more than 2,000 hours in the RF-4C Phantom II and serving in multiple operational and training assignments in the United States, Europe, and the Pacific. In Vietnam, during 1969-70, Rick flew low-level photo and visual reconnaissance missions in the RF-4C Phantom II from Tan Son Nhut Air Base.

For his combat missions he received the Distinguished Flying Cross, 10 Air Medals, the Meritorious Service Medal, and several other decorations, reflecting a record of courageous and sustained service in combat. After leaving the Air Force, Rick worked as a corporate manager in the power generation industry until his second retirement in 2002, extending his leadership into the civilian sector.

In 2009 he joined the Civil Air Patrol, flying and supporting search and rescue and disaster relief missions in North Carolina and Virginia, and rose to the rank of Lieutenant Colonel, demonstrating ongoing commitment to public service.

In 2014, Rick served veterans and his community as a yoga and mindfulness teacher at VA medical facilities, veterans' organizations, and community classes in Denver, North Carolina, focusing on the well-being of others. That's when Rick joined Veterans Yoga Project and infused his passion

and love for Veterans into his life's purpose. It was Rick Rowan who encouraged spreading the practices and techniques of Mindful Resilience Yoga to as many Veterans as possible through online outreach. It was his vision that helped empower the creation of the VYP Online Studio which



serves thousands and thousands of Veterans, military families and caregivers throughout the nation.

VYP Chief Executive Officer, Brianna Renner said, "Rick began teaching yoga to veterans in his late 60's early 70's because he saw the suicide rate was too high, and wanted to do something about it. He was steadfast in his dedication to our veteran community and his leadership here at VYP continues to be felt through our regional and local efforts. I know he saved lives.

We were very lucky to have him. He was truly the embodiment of why we do what we do here at VYP. May his legacy carry on through our continued mission of serving our entire veteran community."

We invite you to take a breath, spend a moment and maybe join us for a VYP free class where you can experience everything that Rick Rowan embodied and shared with others.

It's in his honor that we invite you the Veterans Yoga Project Rick Rowan Online Studio at **www.veteransyogaproject.org/vyp-classes**.