

# Take the Journey with Veterans Yoga Project

2026



# Overview

## Content Summary

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*Empowering Veterans to **LIVE. THRIVE. BELONG.***

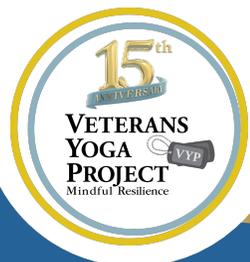
# Who We Are



**"As Veterans  
continue their personal  
evolution, we get to support  
these natural leaders in  
empowering themselves.**

**In turn, they power our future  
and our communities."**

**Brianna Renner, Marine Corps Veteran  
and President, Veterans Yoga Project**



# Serving Those Who Served



## Our Mission

To support recovery and resilience among Veterans, active duty military, their families, and communities through mindful practices of yoga, meditation, breath, and gratitude.

## Our Purpose

- **Empower Veterans:** Cultivate self-regulation and resilience
- **Mind–Body Tools:** Provide evidence-informed practices for healing trauma and stress
- **Build Community:** Foster connection through classes, retreats, and outreach
- **Sustainable Service:** Train and support teachers dedicated to serving those who serve



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# Veterans Yoga Project is on a mission to support recovery and resilience among our Veterans, families, and communities

## Founded in 2011

- **Celebrating 15 years** in 2026
- **A 501(c)(3) nonprofit** based from Alameda, California
- **Vision:** a future where all those affected by trauma have **access to a full range of mind-body practices in Safer, Predictable, and Controlled environments (SPaCe)**

## Build Local and Online Reach

- **In person**, we provide mindful resilience tools, including breathwork, yoga and meditation in local VA Centers, VA Medical Centers, Yoga Studios, VFWs, American Legions, and other community centers
- **Online** we offer more than 40 FREE classes weekly to Veterans, their families, and supporters
- **Instructors** - Over 150 Mindful Resilience Trained teachers, many of whom are Veterans, teach our classes

## Deliver Healing Programs

- **Our tools** help the Veteran community manage PTS(D), trauma, anxiety, depression, and other mental health concerns associated with combat duty, trauma, and compassion fatigue
- **Our trainings (MRT, MRYTT, MRCC)** invite Veterans and other yoga practitioners to become certified yoga teachers in the practices of mindful resilience for trauma recovery



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# What We Do

*Mindful Resilience Yoga*



# Mindful Resilience Yoga

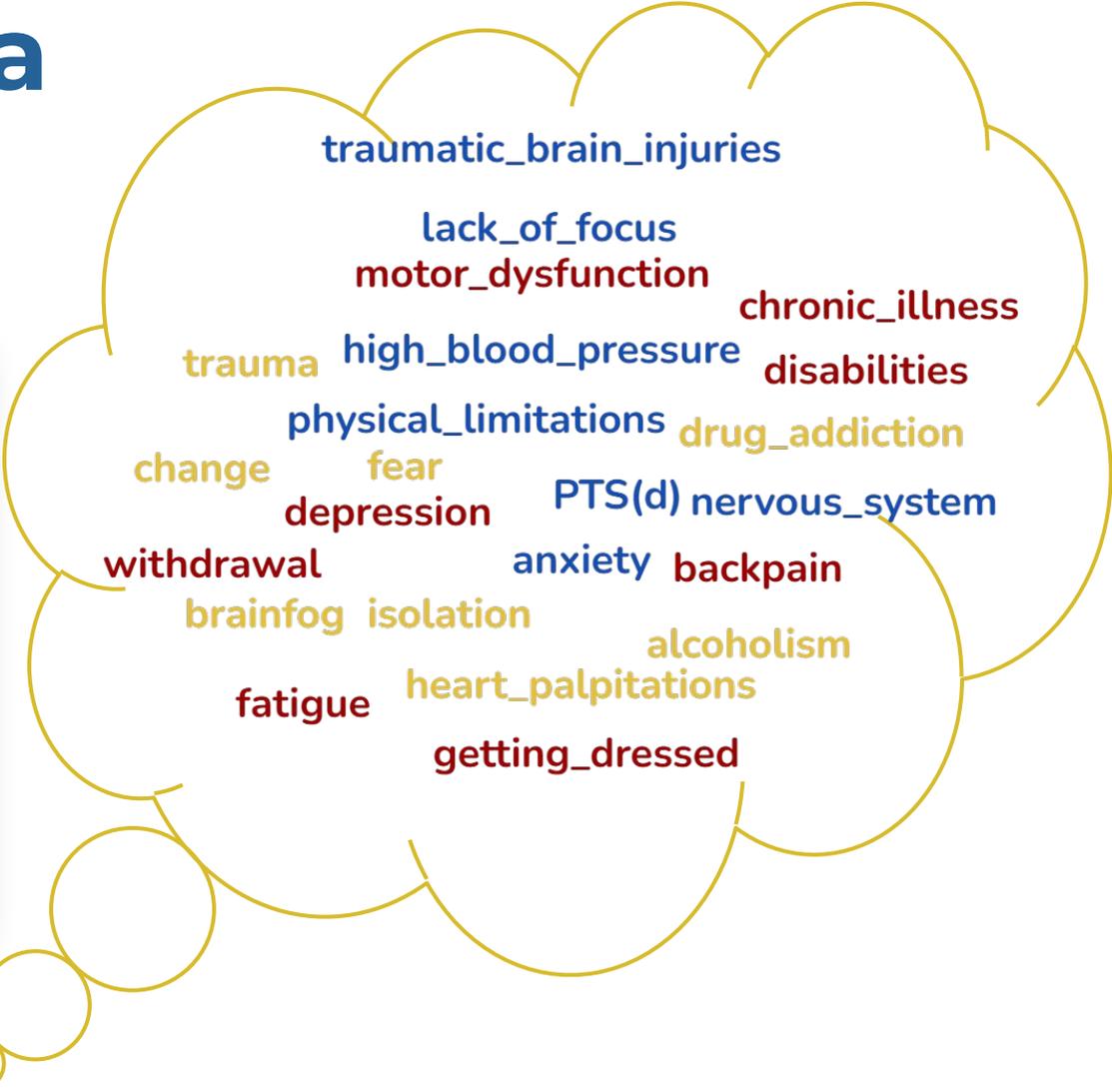


4,520

In Person and Online Classes

Mindful Resilience Yoga includes 5 mind-body practices: **Breathing, Meditation, Mindful Movement, Guided Rest, and Gratitude.**

These practices provide: easier breathing, greater focus, freer movement, deep rest, and the ability to connect to what is working in their lives.



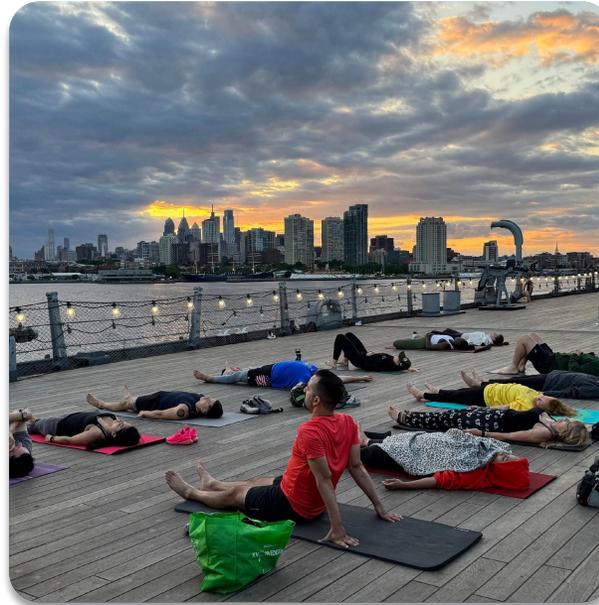
*The result: greater resiliency to face both ordinary and extraordinary challenges*

Note: Numbers are based on 2024 Data

# Growing Our Online Community

## VYP is Proud to Serve

- Veterans
- Military Family Members
- Caregivers
- First Responders
- Health Care Professionals
- Others



**42,161**  
Total Live Encounters



**9,100**  
Encounters with Recorded  
Material on YouTube and  
Soundcloud

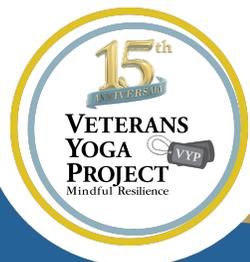


**Empowering Veterans to LIVE. THRIVE. BELONG.**

# Mindful Resilience Yoga Results

## Impact Highlights

- Veterans attending Mindful Resilience Yoga classes report clinically significant decreases in pain and distress<sup>1</sup>
- Participants reported substantial improvements in their physical and mental well-being:
  - **72%** Reduction in Pain<sup>2</sup>
  - **76%** Reduction in Stress<sup>2</sup>
- These results highlight the continued value of VYP's trauma-informed approach to wellness and underscore our commitment to providing evidence-based support to Veterans, active duty service members, and their families



1. In 2022, VYP completed an evaluation of programs' effectiveness using Subjective Pain and Distress Scores (SUDS) from encounters for both online and in person programs  
2. Veterans Yoga Project, Subjective Pain and Distress Scores Analysis, 2024

"The work VYP does goes beyond the mat. I love to see all the Veteran and active duty communities connect through yoga."

**Monica Thorne**  
*Chief Operating Officer*



# VYP HQ Leadership



Brianna Renner  
*Chief Executive Officer*



Tim Avery, PsyD  
*Director of Program  
Evaluation*



Andy Schouten  
*Director of Finance*



Monica Thorne  
*Chief Operating Officer*



Stephanie Sellers  
*Director of Development*



Romy Cuppernell  
*Online Studio Manager*



Mollie Franke  
*Director of Volunteer  
Engagement*



Karen Schneider  
*Director of Marketing*



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# Who We Train

*Mindful Resilience Yoga Training (MRT)*



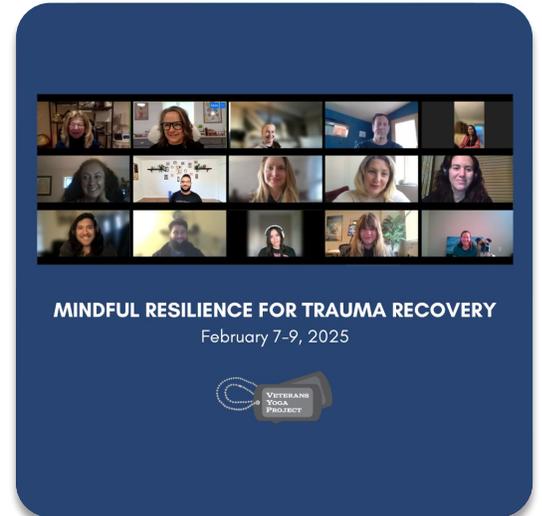
# Who We Train to Serve

## Training Summary

In 2024, VYP recorded:

- **281** Teacher Alliance Members
- **140** Military Community Members who received Teacher Training (MRT, MRYTT)

*These members include active duty service members, Veterans, family members, and healthcare professionals who engaged in VYP's Training Programs and Mindful Resilience Yoga.*



“This training not only expanded my skills but also deepened my understanding of what it means to be a trauma-informed yoga teacher. I've learned the importance of being predictable, authentic, present, and holding space for yoga students. These qualities are essential in creating a safe and healing environment for students, especially for our Veterans that are living with PTSD.”

*-Rosa M, Training Participant*



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# Mindful Resilience for Trauma Recovery (MRT)

## About Our Training Program

Yoga teachers provide a vital role in fulfilling our mission.

We train yoga teachers, yoga therapists, clinicians, and others within our community with the special skill set necessary to work with those who are recovering from stress-related mental health challenges.

*We call it “Mindful Resilience”.*

## Topics Covered

- ① Consequences of trauma-related disorders
- ② Psychotherapeutic treatment of trauma-related disorders
- ③ Special considerations and cautions when providing yoga therapy
- ④ Specific practices, guiding principles, and resources
- ⑤ Yoga for Veterans Recovering from Trauma practice guide



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# Recognized Training and Accreditation

VYP's training programs are nationally accredited and recognized for their excellence in trauma-informed care, ensuring that our instructors are equipped with the highest standards to support Veterans, active duty service members, and their communities.

## VYP Training Programs - 140 Graduates in 2024

- Mindful Resilience for Trauma Recovery Training (MRT)
- Mindful Resilience for Cultivating Compassion (MRCC)
- Mindful Resilience 200-hour Yoga Teacher Training (MRYTT)



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"VYP's Mindful Resilience Training allowed me to understand the value of breathing in connection with living healthier, for a better me."

**Rupert Martinez**

*Army Veteran, Father, Engagement and  
Early Child Educator*



# Who We Serve



# Our Aim Is to Help Veterans Everywhere

18 million Veterans are living in the U.S. with over 5 million in California, Texas, and Florida

## Why we Serve

- 11 to 20% of Veterans who served in operations Iraqi Freedom and Enduring Freedom have PTSD (1)
- Approximately 12% of Gulf War Veterans have PTSD (1)
- About 15% of Vietnam Veterans are currently diagnosed with PTSD when the most recent study was conducted(1)
  - It's believed that 30% of Vietnam Veterans have had PTSD in their lifetime(1)
- Post-9/11 Veterans have a 43% chance of having a service-connected disability(1)
  - 2 out of 5 have a disability rating at or above 70%(1)



VETERANS  
YOGA  
PROJECT  
Mindful Resilience

VYP

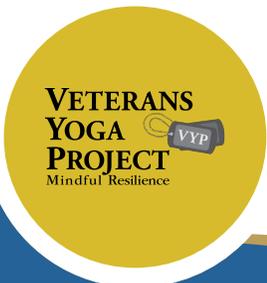
# Transition Stress

**For most Veterans, PTS(D) isn't the problem, 'Transition Stress' is**

"Transition stress encompasses a number of issues facing transitioning military Veterans, which can lead to anxiety, depression, and other behavioral difficulties.

They include a loss of purpose and sense of identity, difficulties securing employment, conflicted relationships with family and friends, and other general challenges adapting to post-military life."

*-Task & Purpose, January 2015*



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"The teachers at Veterans Yoga Project are special and come from a place of deep compassion, understanding, and love."

- Adrienne L., Military Spouse

"Outstanding class! Thank you for holding space and sharing your knowledge."

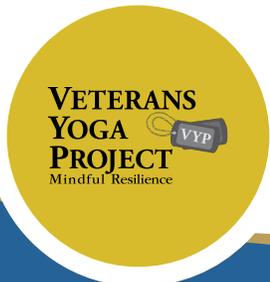
- Mark N, VYP Class Participant

"I'm a beginner and it was easy to follow. I can really feel the difference afterwards, and the teacher is very knowledgeable and informative. I loved it!"

- Crystal W, VYP Class Participant

"Wonderful yoga experience. Moved along so quickly I couldn't have time to think of anything but yoga & my breath. I feel strong & powerful!"

- Darian, VYP Class Participant



# How to Get Involved

*Give Gratitude | Give Resiliency*



# Ways to Get Involved

## Practice with us

- Find an Online Class:  
[www.veteransyogaproject.org/vyp-classes](http://www.veteransyogaproject.org/vyp-classes)
- Locate an In Person Class:  
[Local VYP Community page](#)

## Train with us

- Find a Training:  
[www.veteransyogaproject.org/mrt](http://www.veteransyogaproject.org/mrt)
- For more resources and our practice library, visit:  
[www.veteransyogaproject.org](http://www.veteransyogaproject.org)



- **Corporate Sponsors and Partners can work with VYP** to bring yoga to Veterans, military families, healthcare professionals, and caregivers within your network or community
- **Start a Mindful Resilience Yoga class** at your location
- **Introduce VYP** to your membership
- **Schedule a live VYP experience or training** for your team
- **Offer VYP MRT training** to your community
- **Become a monthly donor or contribute to VGW or Light-A-Candle campaigns**

# Thank you!

## Contact Us

 Veterans Yoga Project, P.O. Box 6472, Alameda, CA 94501

 [info@veteransyogaproject.org](mailto:info@veteransyogaproject.org)

 [www.veteransyogaproject.org](http://www.veteransyogaproject.org)

 Veterans Yoga Project

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