

Intro to Mindful Resilience: 5-Week Program Overview



Where: V. F. W. Post 9619 (6527 Suitland Rd, Morningside, MD 20746)

When: January 11th & 25th; February 8th, 22nd & March 7th, 2020 at 10:00am.

Week 1: Breathe Easily

Week 2: Focus Clearly

Week 3: Move Freely

Week 4: Rest Deeply

Week 5: Remember Gratitude

Who Should Attend?

Veterans, active duty military and their families are invited to participate. These 60-minute classes focus on developing skills that will help them identify and cope effectively with the unique challenges that arise after a deployment and that, if left unattended, can linger long after leaving the military.

Mindful movement is a Yoga class designed specifically to compliment integrative trauma treatment.

Beginners are welcome, no previous yoga experience is necessary.

Please register in advance so we can plan accordingly.

<https://www.meetup.com/Live-To-Day-Wellness-Meetup-Group/events/267257420>

