

## **Mindful Resilience: 8-Week Virtual Program**



Where: Join Zoom Meeting (Virtual)  
Meeting ID: 843 2433 4445/ Password: 894854

When: Tuesday at 8pm and Saturday at 12noon (June 15th - Aug 7th)

Week 1: Intro  
Week 2: Breathe Easily  
Week 3: Focus Clearly  
Week 4: Move Freely  
Week 5: Steady and Balanced  
Week 6: Rest Deeply  
Week 7: Flow with a Chair  
Week 8: Maintenance

Who Should Attend: Veterans, Seniors, Active-Duty military and their families are invited to participate. These 45-minute classes focus on developing skills that will help identify and cope effectively with the unique challenges that arise after any type of trauma, especially deployment and that, if left unattended, can linger on for years.

Mindful movement is an Active Flow Yoga class designed specifically to compliment integrative trauma treatment. Beginners are welcome, no previous yoga experience is necessary.

**Please share with family members. No registration is required.  
Donations are welcome at <http://www.paypal.me/livetoday> or  
CashApp at \$livetoday18.  
Thank you.**