

ONLINE MEDITATION AND GENTLE YOGA FOR THE MILITARY COMMUNITY

Led by yoga therapist and military spouse Alli Houseworth
iRest Yoga Nidra Meditation - Mondays through August 30 at 4pm EST
Gentle Yoga - Fridays through August 30 at 9am EST
Sign up here: <https://www.allihouseworth.com/virtual-classes>

SERVICE DOG YOGA WITH WARRIOR CANINE CONNECTION

Monday, June 10, 12-1pm
Monday, July 8, 12-1pm
Monday, August 12, 12-1pm

Platoon 22 Veteran's Service Center, Frederick, MD
FREE

RSVPs required. To RSVP, email MBTR@warriorcanineconnection.org

Get a double-dose of feel-goodness! Open to veterans and spouses, this adaptive yoga class led by military spouse and yoga therapist Alli Houseworth, is done alongside service dogs in training. Class is trauma-informed and specifically designed to support the physical and mental health needs of the military community.

YOGA ON THE GREEN

Saturday, June 29
Saturday, August 3
8:30-9:30am
\$15

Sign up: https://www.annapolisjuice.com/product/yoga-on-the-green/770?cp=true&sa=false&sbp=false&q=false&category_id=24

This trauma-informed and military-specific class led by military spouse and yoga therapist Alli Houseworth will combine movement, breath work, meditation, and mindfulness and will be taught on the lawn of the Maryland State House in Annapolis (by Maryland Ave.). \$15 gets you class and a juice from Rasa Juice Shop. All are welcome! No yoga experience necessary.

WORKSHOP: Introduction to iRest Meditation: Creating Your Inner Resource

Sunday, July 7, 1:30-3pm
Yogamour Yoga & Healing Arts Center, Frederick, MD
\$30
Sign

up: <https://yogamour.org/workshops/https://clientsmindbodyonline.com/classic/wsstudioid275069stype-103stg55sviewdaysloc0strn100000290>

In this workshop, participants will learn about the 10-step protocol of iRest and be guided through a light-hearted interactive learning experience in which they'll craft their

“Inner Resource” — a powerful self-regulation tool that’s yours to use when life gets too “life-y.” The workshop will conclude with a full iRest Meditation practice. To learn more about iRest visit allihouseworth.com.

Peaceful Warriors: An Introduction to Using Yoga Practices for Healing Pain and Trauma within the Military and First Responder Communities

Yogamour Healing Arts, Frederick MD

Friday, August 9 - Sunday, August 11

Whether you are a counselor, social worker, or therapist who works with private clients; a yoga teacher or educator who works with individuals or in groups; or a member of the military or first responder community who is looking for simple practices to help you feel better physically and mentally, this training will provide you with “snack-size” trauma-informed mindfulness and movement tools that can be immediately implemented in your practice or workplace.

For more information visit: <https://yogamour.org/workshops>