



Beginning January 10th 2016 at Mountaingoat
Yoga!!!

Yoga Warriors



International™

**YOGA CLASSES FOR MILITARY PERSONNEL, VETERANS, FIRST
RESPONDERS,**

CAREGIVERS AND THEIR FAMILIES

Dedicated ongoing classes: Sundays 10:45-11:45 am

MISSION OF YOGA WARRIORS: *To alleviate symptoms of combat stress (COSR) and post-traumatic stress disorder (PTSD) and increase the resilience of critical task performers working in high stress environments, including affected caregivers and family members by providing evidence-based yoga practices.*

Yoga Warriors classes are gentle, beginner yoga classes using the proven *Yoga Warriors International™* method. They are designed to introduce the basics of yoga and include positive affirmations, yoga postures, breathing, and relaxation techniques. The classes emphasize emotional healing and focus on a relaxed pace in a safe and nurturing environment. Yoga Warriors is a simple, effective technique that delivers inner peace, vibrant health and relaxation.

Benefits of a Yoga Warriors Practice

- Develop a flexible mindset, one that can rise to meet day-to-day challenges and quickly return to a calm, relaxed state.
- Manage emotions in day-to-day life using positive stress management techniques.
- Decrease hyper-vigilance and hypersensitivity to noise, crowds, movement, unexpected touch, and visually stimulating environments.
- Improve quality of sleep and attention to self-care needs such as nutrition, rest, leisure,

and achieving a balance in daily life activities.

- Become more present in the moment by drawing awareness to the breath and bodily sensation.
- Improve energy level to support meeting one's daily needs and goals.
- Improve self-acceptance and self-esteem by using affirmations to reduce and reverse negative thinking patterns.

Questions? **Call** 613-823-3949 **Email:**
Contact@mountaingoatyoga.com

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