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Service Women's Action Network

September 9, 2011



Dear Friends,

SWAN is thrilled to launch a new schedule of two free yoga classes for veterans!

SWAN's free [Yoga for Vets NYC](#) program has served hundreds of veterans since its inception in 2008. [Taught by veterans, for veterans](#), the class fosters a community where veterans and their loved ones can learn techniques to heal from military-related wounds and the stresses of re-integrating back home.

To read a piece I wrote for The Huffington Post about learning and teaching yoga, click here: ["Yoga and PTSD: One Veteran's Story"](#)

Morgan Cooley, a returning Afghanistan veteran, had this to say about the class:

*Yoga for Vets NYC changed my life. The class came into my life just after returning home from Afghanistan. It showed me that medication wasn't the only form of therapy out there. Since going there my anxiety and stress levels went down and I felt a sense of peace I had never known.*

## Yoga for Vets NYC

Taught by veterans, for veterans, Yoga for Vets NYC is FREE for all veterans, family and providers.

Wednesdays & Thursdays  
6:45pm-8:15pm

At Integral Yoga Institute  
227 West 13th St. between 7th and 8th Ave.

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

## Become a Yogi!

Sponsor a year of free yoga classes for one veteran for just \$168! [Donate](#)

[Today!](#)



## Yoga and PTSD: One Veteran's Story

Read SWAN Director Anu Bhagwati's Huffington Post article [here](#).

In honor of our Yoga for Vets NYC re-launch, we have added a new category of giving for our matching grant campaign. [Become a SWAN "yogi" by sponsoring a year of free yoga classes for one veteran for just \\$168!](#)

As a full-time veterans advocacy organization, SWAN has invested in this healing program because we intimately understand the reintegration and health issues that veterans face.

In order to keep this program going, and to provide scholarships to new veterans to become yoga teachers specifically for the veterans' community, we need your help! Please sponsor a year's worth of classes today for a veteran.

With thanks for your continued support,

A handwritten signature in black ink that reads "Anu K. Bhagwati".

Anu Bhagwati  
Former Marine Corps Captain  
Executive Director, Service Women's Action Network  
Founder and Head Instructor, Yoga for Vets NYC



Photos via Reuters and Eva Schmidt

[Donate Now](#)

## Defend Equality: A Campaign to End Gender Discrimination and Sexual Violence in the Military

"Defend Equality" and help SWAN end gender discrimination and sexual violence in the military! A generous donor has offered to match your gifts dollar for dollar up to \$25,000, thereby doubling your donation and doubling its impact on the work we do! [Donate now](#) to double your gift and help us reach our goal!

In honor of our Yoga for Vets NYC re-launch, we have added a new category of giving for our matching grant campaign. Become a SWAN "yogi" by sponsoring a year of free yoga classes for one veteran for just \$168!



**Service Women's Action Network**  
serving military women

**Defend Equality**  
By **Rovika Rajkishun**

*A Campaign to End Gender Discrimination And Sexual Violence In The Military*

**\$4,755 raised of \$25,000 goal**



## About Us

SWAN is a human rights organization founded and led by women veterans. SWAN's vision is to transform military culture by securing equal opportunity and the freedom to serve in uniform without threat of harassment, discrimination, intimidation or assault. SWAN also seeks to reform veterans' services on a national scale to guarantee equal access to quality health care, benefits and resources for women veterans and their families. You can find the Service Women's Action Network on our [homepage](#), on [Twitter](#) or on [Facebook](#).

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