

Service
Women's
Action
Network

YOGA FOR VETS NYC

call SWAN 212-683-0015 ext.324



email info@servicewomen.org

Taught by a veteran, classes are **FREE** and focus on the specific needs of veterans. Experience the benefits of yoga to relieve stress, recover from trauma, focus the mind, and heal the body.

No previous experience required.

Open Yoga

Wednesdays and Thursdays

6:45-8:15pm

<http://yogaforvetsnyc.org>

All veterans are eligible regardless of age or physical ability. All mats and props will be provided. Family members and veterans service providers are welcome to attend.

Integral Yoga Institute

227 W. 13th Street

Between 7th & 8th Ave