



WARRIORS AT EASE

HEALTH ★ RESILIENCY ★ CONNECTION

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Warriors at Ease supports the health and healing of service members, veterans and their families through the power of yoga and meditation.

"I first found yoga after my seventh combat deployment in a specialized program for PTSD... Yoga helps me sleep better at night. The more I practice, the more relaxed I feel."



"Yoga and meditation helped me heal from the sexual trauma I experienced while serving in the military. After first learning from a Warriors at Ease teacher, I now practice on my own several times a week."

Warriors at Ease is a worldwide network of teachers. Find a teacher in your area by visiting:

warriorsatease.org/find-a-teacher/

or contact us at

info@warriorsatease.org

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Follow us on Facebook, Instagram, Twitter and Instagram!



Our History

The Warriors at Ease (WAE) approach was initially developed in 2006 when our founders were involved in the first Department of Defense-funded research on yoga and meditation at the Walter Reed National Military Medical Center. In response to the success of these early studies, our founders developed a teacher training curriculum to meet the growing demand for specially-trained instructors with the knowledge and skills to share yoga in a way that is safe, effective and relevant for veterans, active duty service members and their families. Today, our worldwide network of 750+ teachers serve warriors and their families in the U.S. and abroad.



How are WAE teachers and programs different?

Our yoga and meditation teachers are specially trained in an approach that is:

- Evidence-based
- Trauma Sensitive
- Informed by the unique aspects of military culture

How can yoga and meditation help?

Research shows these practices can:

- Reduce chronic pain
- Improve quality of sleep
- Decrease PTSD symptoms
- Improve stress management
- Enhance resiliency
- Increase mental focus and more!

Teacher Training

Our training is designed for certified yoga and meditation teachers who are passionate about sharing the practices with service members, veterans and their families. Healthcare professionals and yoga/meditation teachers working with first responders, those impacted by sexual assault, or anyone affected by high stress or trauma may also benefit from this training. Many find that our training is helpful for their own self-care too.



Level 1 Training

An online course that explores the human stress response, the nervous system and the neuroscience of trauma. Trainees learn how to establish a setting and provide mind-body practices to support resiliency, sustained wellbeing, and trauma-related health conditions such as PTSD and TBI. Anyone can take our Level 1 training.



Level 2 Training

An in-person practicum where students integrate and further explore the concepts learned in Level 1. This training also involves self-study and personal coaching from faculty. Students practice teaching trauma-sensitive breathing techniques and adaptive yoga practices that can support those with limited mobility. The aim is to prepare teachers to work in community settings and also in clinical environments.

Outreach

Warriors at Ease offers classes and workshops on military installations, in Department of Veterans Affairs (VA) facilities and in local communities.



Our teachers support warriors and their families in:

- VA Medical Centers and health clinics
- Vet Centers
- Morale, Welfare & Recreation Centers (MWR)
- Unit Physical Fitness Programs
- Non-profit organizations serving veterans
- Military hospitals and clinics
- Veteran-friendly colleges and universities
- Military Service Academies
- Yoga studios and retreat centers
- Collaborations with private healthcare providers
- Homeless shelters, substance abuse programs and other specialized programs

Yoga can be adapted for anyone and benefit everyone!

