

Celebrate Yourself for Veterans Day

by joining a mindfulness class
for Relaxation, Recovery & Healing

no experience needed



TRIBE

Yoga Nidra is a guided meditation completed lying down or reclined. This meditation technique guides the Veteran through their breath, intention setting and body scanning. Yoga Nidra has been found to alleviate chronic pain, triggers associated with PTSD / trauma, improve sleep, enhance mood, and increase focus and concentration.

join **Jessica, Army combat Veteran** on
Thursday, 14 November from 3:30pm - 4:30pm
at **Montrose Campus, Building 12, Room 233A**

or

Jennifer, Army spouse on
Friday, 15 November from 12pm - 1pm
at **Castle Point Campus, Multi-Purpose, Building 19, Room, R-100**

TRIBE is a 501(c)3 NONPROFIT ORGANIZATION. TRIBE, We Teach Resiliency, Increase Balance & Endurance - brings the tools of yoga, breath-work, meditation/mindfulness & physical movement to active duty military, their families and Veterans.