

Total Resilience Yoga Classes for Veterans and Caregivers

This method offers somatic and stress release by mindfully linking breath and movement. Starting off with short self-regulating and centering sequences that are based in science and psychology, TRY creates internal heat to burn off excess energy, inspires hope and happiness through visualization and affirmation, and finishes with body scan meditation.

When: Class Dates & Times

- Time and Dates: Every week on Fri, until Sep 18, 2020, 5 occurrence(s)
Aug 21, 2020 10:00 AM Pacific Time (US and Canada)
Aug 28, 2020 10:00 AM
Sep 4, 2020 10:00 AM
Sep 11, 2020 10:00 AM
Sep 18, 2020 10:00 AM
- Length of Class is 45 minutes full sequence
- Limited time – classes are only offered 1 time per week for 5 weeks
- Limited space – 100 participants per class

Where: Virtual online access using Zoom (Zoom virtual platform – free, convenient, secure, downloadable version on phone, able to use video, audio, or both)

- Please download and import the following iCalendar (.ics) files to your calendar system.
Weekly:
<https://zoom.us/meeting/tJYvde6spj0vEtW5dR1ECCr8GB1QvEoZvJD9/ics?icsToken=98tyKuCqrDktHtyTtRGGRowQAljoKOjxiCFYj7dqyRvXUgVwQRGuEcATA6RaH-LG>

Join Zoom Meeting

<https://zoom.us/j/92227486581?pwd=d2FpRjVpb3pBR0ppL0xwZklMaVp5Zz09>

Meeting ID: **922 2748 6581**

Passcode: **753851**

All Levels Welcome:

The TRY method is for all levels, it's easy, and is based on choice. Do as much or as little as you, your body, and your mind agree to. Practice on a mat or in a chair. The practitioner will demonstrate the entire class, practicing with the group so you can look, listen, or watch. See it, be it, or watch it! Choose to just sit and breath; you will still benefit!

- Instructors are trained and experienced in working with sensitive population post trauma or those living in crisis.
- Instructors are all vetted with background checks, independent contractor agreement, and liability insurance.
- No yoga wear or equipment necessary! All you need is yourself.
- Classes will be held in person or virtual (online) so you do not even need to leave the comfort of your home.

- Classes are open-ended. Participate as often or as little as you'd like. If you would like to continue after this sponsored period, you may continue practicing with the same yoga school and instructors.
- Tools you can use forever! PDF flashcards provided can be used for future reference.

Instructors:

- Leland Holgate, Sr. - Veteran and experienced yoga instructor
- Joyce Bosen – co-creator of the Trauma Recovery Yoga Method
- Max Carter – member site and YouTube channel web master