

# WARRIORS AT EASE

*Health | Resiliency | Connection*

## Who We Are

Warriors at Ease (WAE) is a non-profit organization that was founded in 2009 by Robin Carnes, Karen Soltes, Colonel (Retired) Patricia Lillis, PhD, and Molly Birkholm, all pioneers in their field, who observed and responded to the need for specially trained yoga and meditation teachers in the military. Together with leading research institutions, the Department of Defense (DoD) and the Department of Veterans Affairs (VA), they cultivated an innovative approach that is changing the face of soldier and veteran's care.

WAE has now trained more than 725 yoga and meditation teachers who offer classes and programs for service members, veterans and their families across the globe. Our teachers serve the active duty community by teaching within unit commands, military hospitals and on other installation facilities. We serve the veteran community by placing teachers in VA hospitals, vet centers and within veteran service organizations. A growing number of our teacher network is also offering special workshops and retreats for both active duty, veterans and their families.

WAE is responding to the increased demand for alternative therapies that effectively support the needs of our military and veteran communities. Our vision is to integrate our highly trained teachers into DoD and VA facilities to complement and strengthen the standard therapies for trauma-related conditions as well as programs that promote self-care and health maintenance for the community at large.

## What We Do

### Our Mission:

To increase awareness about the power of yoga and meditation and educate a network of professionals qualified to share evidenced-based practices that support health and healing in military and veteran communities.

### WAE accomplishes this by:

- Providing education and resources to our military and veteran communities
- Training and certifying mind-body professionals including civilians, service members, veterans, spouses, family caretakers and healthcare staff
- Designing, implementing and managing programs across the globe that are staffed by Warriors at Ease teachers committed to serving the active duty and veteran communities

Service members, veterans, and family members who have attended Warriors at Ease yoga and/or meditation classes have reported benefits including:

- More restful sleep
- Less pain
- Less anxiety
- Better mood regulation
- Better concentration and mental focus
- Improved relationships
- Improved reintegration post-deployment
- Improved ability to maintain gainful employment after leaving the military

**Learn more at [www.warriorsatease.org](http://www.warriorsatease.org).**

**Contact us at [reg@warriorsatease.com](mailto:reg@warriorsatease.com)**