

Why Yoga for the Military?

NERVOUS SYSTEM REGULATION

The military *exposes individuals to war, combat and/or prolonged-exposure to high-stress situations*. These experiences facilitate an *overactive 'fight or flight' response* (SNS: sympathetic nervous system). This overactive nervous system *minimizes performance and resilience* while producing high-levels of chemicals that can contribute to *sleep deprivation, injury and reduced brain function*.

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SHARPEN THE WARRIOR

The WAE protocols sharpen the warrior by using evidence-based skills that promote:

- longer attention spans
- peak-performance in high-stress situations
- measurable resilience during and after stress
- holistic approach for long-term wellbeing

Warriors at Ease teachers provide students with techniques proven to:

- **Identify Students' Current States:** 'fight or flight' (SNS) vs 'freeze' (Dorsal Vagal) offer practices that promote nervous system self regulation.
- **Cross the Midline of the Body:** help recover and strengthen neural pathways.
- **Tailored Practices:** meeting each warrior where they are in their personal journey and tailor practices to each individual.

www.warriorsatease.org