

# WARRIORS AT EASE

## MISSION

Bring the power of yoga and meditation to military communities around the world through trainings, advocacy, programs, and partnerships.

## VISION

Integrate yoga and meditation into military and civilian settings to support the health, resiliency, post-traumatic growth, and connection of service members, veterans and their families.

# PROGRAMS

## TRAIN

Train a network of qualified professionals to provide evidence-based, trauma-informed, adaptive and accessible yoga that promotes health, healing and resilience.

## TEACH

International yoga and meditation classes that support health, resilience and connection. Support the removal of barriers of entry to yoga for the military community.

## TRANSFORM

Continual evaluation and review of organization programs, trainings and protocols. Ensuring the current climate and needs of the military community are being met.

## RETREAT

Bridging the gap between military and civilian communities. Creating the space and knowledge for every participant to cultivate a personal wellbeing practice.

# WARRIORS AT EASE

## 2019 IMPACT

**327**

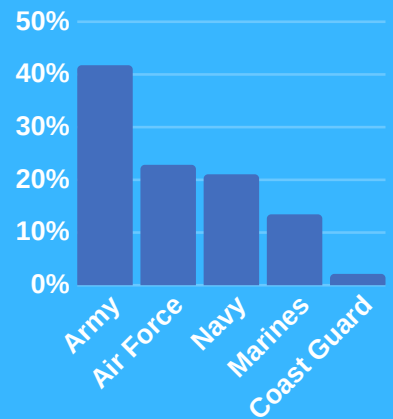
TRAINING SCHOLARSHIPS PROVIDED

**133**

YTD

CERTIFIED WARRIORS AT EASE TEACHERS

### WAE TEACHERS' BRANCHES OF SERVICE



**188**

LEVEL 1 TEACHERS TRAINED

**70**

LEVEL 2 TEACHERS TRAINED

### WAE TEACHERS ARE

**361**

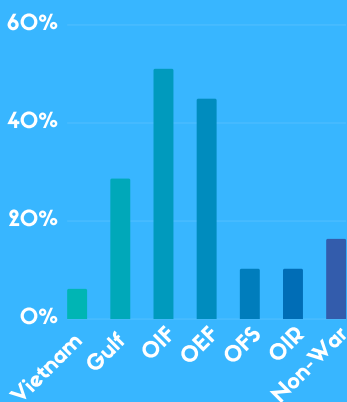
VETERANS

**70**

SERVICE MEMBERS

**606**

FAMILY MEMBERS



WAE STUDENTS ARE VETERANS & SERVICE MEMBERS WHO SERVED DURING THESE CONFLICTS

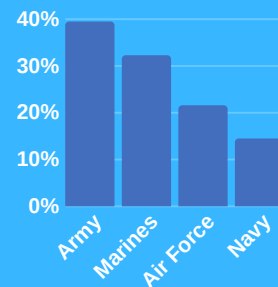
**20,604**

ATTENDANCE OF CLASSES TAUGHT BY WAE TEACHERS

**4,070**

POST 9/11 CLASS PARTICIPANTS

### WAE STUDENTS' BRANCHES OF SERVICE



**5,868**

PRE 9/11 CLASS PARTICIPANTS

**6.8**

STUDENTS PER CLASS

### WAE 'TEACH' PROGRAM POPULATION BREAKDOWN

VETERANS **7,646**  
SERVICE MEMBERS **1,818**  
FAMILY MEMBERS **4,010**

**4,922**

WAE VETERAN & SERVICE MEMBER STUDENTS THAT EXPERIENCED COMBAT DEPLOYMENTS

**3,307**

CLASSES TAUGHT BY WAE-TRAINED TEACHERS

**7,414**

NUMBER OF VETERAN & SERVICE MEMBER STUDENTS WHO ARE OR WILL BE CONSIDERED DISABLED