

**HEALTH
RESILIENCE
CONNECTION
WARRIORS**  **RS
AT EASE**

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

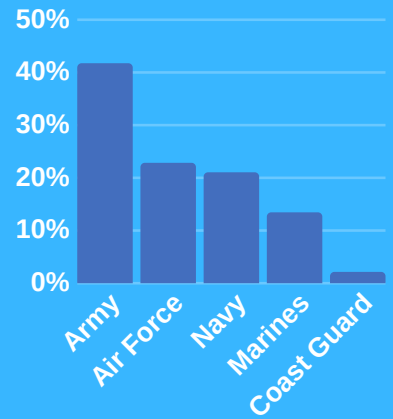
TRAINING SCHOLARSHIPS PROVIDED

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

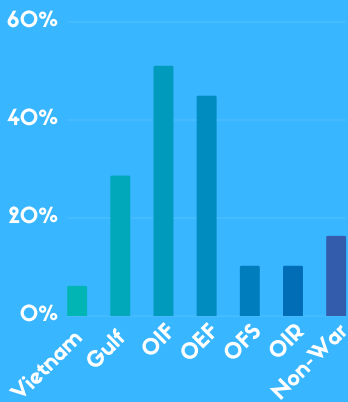
VETERANS

70

SERVICE MEMBERS

606

FAMILY MEMBERS



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

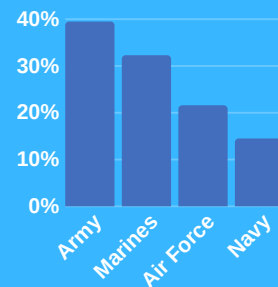
20,604

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

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