

WARRIORS AT EASE

Continuing Education Yoga Training



Accessible



Proven



Adaptable



Informed

Application Required

Found on Warriors at Ease Training website.

TECHNIQUES

EVIDENCE-BASED: mindfulness based self-regulation, most widespread adjunct therapy, helps to improve & reduce chronic illness, and mind-body integration.

MILITARY SPECIFIC: meets the unique needs for accessibility & environment, accounts for military life's physical & mental demands, uses secular practices based on military culture.

ADAPTIVE & ACCESSIBLE: classes are designed for able bodies, spinal cord & nervous system injuries, limb loss & amputations, limited range of motion, TBI & brain injury, and invisible wounds of war.

PROTOCOLS

During the Level 2 Warriors at Ease training Level 1 teachers are immersed in a group learning environment while being trained and tested on their ability to use techniques proven to:

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

WWW.WARRIORSATEASE.ORG/TRAINING/