

PROGRAMS

Health ★ Resilience ★ Connection

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

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.

HISTORY

Established in 2011. founded by Molly Birkholm, Robin Carnes, Col. (Ret.) Pat Lillis and Karen Soltes who were involved with some of the first clinical studies funded by the DoD and VA. The findings from these studies were used to develop training curriculum for yoga teachers working with the military.

www.warriorsatease.org

WARRIORS AT EASE

WHY WAE TEACHERS

TEACHING 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 the invisible wounds of war.

CERTIFIED TEACHERS

- Successfully complete Level 1 training.
- Accepted to attend our Level 2 training.
- Demonstrate ability to expertly execute the Warriors at Ease teaching protocols.
- Successfully complete all Level 2 homework assignments.
- Obtain and maintain CPR certificate & personal insurance and all other industry requirements as a certified teacher.

WHY YOGA FOR THE MILITARY

SHARPEN THE WARRIOR

The Warriors at Ease evidence-based teaching protocols and skills promote:

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

WARRIORS AT EASE PROTOCOLS

Warriors at Ease teachers are trained to teach classes that 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 & strengthen neural pathways.
- **Tailored Practices:** meeting each warrior where they are in their personal journey and tailor practices to each individual.

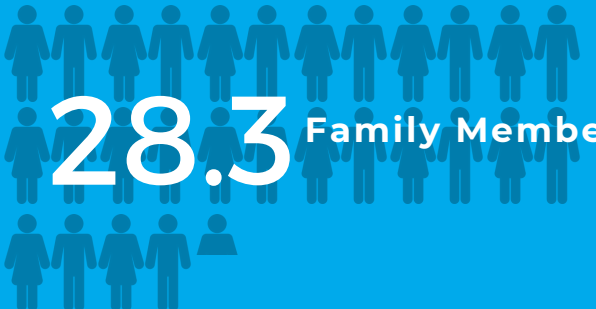
HOW YOU CAN MAKE AN IMPACT

 **25** MONTHLY DONATION

for one year supports a monthly class that provides an chance for health, healing and resilience to

**53.9** Veterans

**12.8** Service Members

**28.3** Family Members

IN 2019 WARRIORS AT EASE TRAINED TEACHERS TAUGHT

**3,307**

CLASSES TO THE MILITARY COMMUNITY

Figures based on 2019 data.