

Why Warriors at Ease Teachers?

In order to become a
"WAE Certified Teacher"
trainees are required to:

- Successfully complete our **Level 1** online training
- Apply to attend our **Level 2** in-person training
- Demonstrate they're able to **expertly execute WAE protocols**
- Successfully complete **homework assignments**
- Obtain and maintain **CPR certification & personal insurance**
- Maintain all **industry requirements** as a certified teacher

warriorsatease.org

How is Warriors at Ease Different?

BASED ON SCIENCE:

- Increases Self-Regulation
- Reduces Chronic Pain
- Decreases Symptoms of PTSD, Anxiety & Depression
- Integrates Mind-Body Connection
- Widely Recommended Adjunct Therapy

ADAPTIVE & ACCESSIBLE PRACTICES FOR:

- Spinal Cord Injuries
- Nervous System Deregulation
- Limb Loss & Amputations
- Limited Range of Motion
- TBI & Other Brain Injuries
- Invisible Wounds

MEETS THE MILITARY'S NEEDS FOR:

- Access & Environment Safety
- Physical & Mental Demands
- Secular Practices
- Distinctions Between Services