

Coming Very Soon Veterans Gratitude Week

As a yoga practitioner, I don't need to tell you the countless ways yoga brings balance to our lives. But have you ever considered that your yoga could bring this balance and calmness to those who need it the most in our Veteran community?

As many of you may know, Veterans Gratitude Week has become our annual fundraising event. This year will be our fourth annual national yoga event *enabling communities to support* recovery and resilience among our veterans, families, and communities. Throughout the week, we raise awareness about the challenges many veterans face and the work we are doing through yoga classes and events across the USA!

At VYP, we have always known that we can make a difference. Just this week one of my veterans shared with me:

"The practice of mindful resilience is an immense part of my relaxing and just letting go. Veterans Yoga Project helps me every day."

~ John G., USMC Vietnam Veteran



I believe practicing yoga makes us stronger, healthier and happier and that collectively we can take these tools out into our community. I have always been guided by this sense of purpose, encouraging the practice of yoga and its many benefits. Veterans Gratitude Week is our opportunity to do something BIGGER.

In honor of Veteran's Day, **I invite you to Join Forces with VYP** by [hosting](#) or attending a donation-based class in your community between November 3-12 to express gratitude for our freedom and honor those Warriors who served in the United States Armed Forces.

Last year's fundraising helped us grow from over 65 free yoga programs to over 100 programs being taught by VYP-trained teachers in VA Medical Centers, Veteran Centers, Residential Treatment Centers, VFW's, yoga studios and elsewhere in our communities.

Let's see if we can reach 150 programs in next year. This will not be possible without your support.

From the bottom of my heart, thank you!

Om Gratitude, Om Peace,
Deb Jeannette
VYP President

CALLING ALL TEACHERS

VETERANS GRATITUDE WEEK

join forces with

VETERANS YOGA PROJECT

NOVEMBER

3-12

Help VYP by teaching a community benefit class to express gratitude for our freedom in honor of those who served in the United States armed forces.

✉ info@veteransyogaproject.org

f @veteransyogaproject

🐦 #veteransyoga

veterans
yoga
project
.org



Unable to host or take a class? VYP appreciates all donations!

1. Sign up [here](#) to teach a class during VGW
2. Call at least 5 of your yoga teacher friends and have them sign up [here](#) to teach a class during VGW
3. Have your friends call 5 friends to sign up [here](#) to teach a class during VGW
4. For VGW information, [visit our VGW page.](#)