

virtual yoga | meditation | tai chi

FREE FOR VETERANS



ompractice.com/veteransaffairs/

- live classes at home
- instructor uses 2-way video to lead group
- feedback and support beginner to advanced
- modifiable for all fitness levels

Physical benefits.

Yoga techniques are designed to not only improve flexibility but may also improve muscle strength and overall energy.

Improves mental health.

Meditation helps to improve self awareness, attention and focus, and may reduce feelings of stress and anxiety. A meditation practice may also help those who experience headaches, insomnia, and chronic pain.

Great for the heart and chronic pain.

According to scientific studies, yoga has been proven to help improve heart health and reduce risk factors for heart disease like high blood pressure, stroke and diabetes.



FIVE STEPS to a healthier lifestyle.



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