Home From the Front?

Can't be at-ease, Vet?

Angry? Anxious? Sleepless? Numb?

You're not crazy – just well-trained!

When they trained you to fight, they changed your brain. Now it's up to you to change it back.\*

## YOGA and MEDITATION for WARRIORS

Special groups just for combat vets, Free of Charge

Every other Thursday, 5:30-7:00 p.m. in Auburn 101 Orange Street, Upstairs Starting May 31, 2012

And Saturday, June 16, 10-11:30 a.m. at The Soldiers Project, 333 Sunrise Avenue, Suite 730, Roseville, CA 95661 (Use the Francis Street Entrance)

For Information: 530-852-5066 or 530-902-1354 (for Auburn sessions). RSVP to Kim (916) 792-3728 for Roseville 06/16/2012 Session

<sup>\*</sup> Studies show that yoga improves mood and reduces anxiety by increasing GABA, the main calming neurotransmitter in the brain. Other studies show that meditation can make measurable changes in brain regions associated with memory, sense of self, empathy and stress. Yoga and meditation classes are now being offered at VA hospitals around the country with amazing results for vets with PTSD.