



Serving Those Who Have Served

FREE YOGA FOR SERVICEMEMBERS, VETERANS & THEIR FAMILIES

Vet Center Thursday's @ 12pm-1pm

Mats/Blocks Provided. No Experience Necessary.

**Bronx Vet Center
2471 Morris Ave, Suite 1A
Bronx, NY 10468**

**Contact Mr. Bongioanni (Mr. B) for details:
(718) 367-3500**

Transportation Options:

Subway- 4 or B/D to Fordham Rd. Station

Bus- Bx12/Bx32 to Fordham Rd & Jerome Ave

Driving- Metered Parking on street or Public Pay Garage on 190th/Jerome Ave

connectedwarriors.org

Connected Warriors, Inc. serves Servicemembers, Veterans, and their Families at no cost to participants.

CWI yoga instructors are trained in trauma-conscious teaching methods.

- Improve resiliency
- Increase range of motion
- Manage stress
- Lower blood pressure
- Relieve chronic pain
- Increase patience
- Improve sleep



Join us on social media

Connected Warriors, Inc. is the largest volunteer organization in the United states offering evidence based trauma-conscious yoga therapy to Servicemembers, Veterans, and their Families at no cost.

