

★ ★ ★ PROJECT ★ ★ ★

# Welcome Home Troops

RESILIENCE TRAINING FOR OPTIMUM PERFORMANCE



- ✓ Better Sleep Quality Improved
- ✓ Mental Clarity
- ✓ Stress Relief
- ✓ Deep Mental Relaxation
- ✓ Optimal Performance

The Power Breath Meditation Workshop provides breath-based tools that decrease the stress, anxiety and sleep problems that many veterans experience. Course participants notice an improvement in relationships and an enhanced sense of mental clarity and well-being.

The PWHT Workshop is offered free of cost to veterans, active duty military members and their immediate family.

The Online Power Breath Meditation workshop is offered in two parts. Part 1 is Sept 29-Oct 1, 5:30 - 8:00 pm MDT, and Part 2 is Oct 6-8, 5:30 - 8:00 pm MDT. **Requirements:** Preregistration, computer or tablet, and internet access for all sessions. Please register at: <http://tiny.cc/upj6jz> or email [jim.warner@pwht.org](mailto:jim.warner@pwht.org)

"I never thought I would be this relaxed or this happy, says Tom Voss, I never thought this was possible"

**Newsweek**



A Stanford University study published in the Journal of Traumatic Stress found "There were signs of reductions in anxiety and [post-traumatic stress disorder] immediately after the one-week program. Those improvements were seen both one month and one year later, indicating the improvement may be permanent."

"Thank you for giving me a life worth living."

Travis Leanna, USMC, Veteran, Operation Iraqi Freedom

*The Power Breath Meditation Workshop is being offered in partnership with:*



## Special Weekly Event:

FREE Online Introduction to breathing and meditation, open to Veterans and their friends and family, every Tuesday evening at 6:30 PM. Join at this link:

<https://tinyurl.com/vyax6wvx>