



There are 22 roses on our Veterans Gratitude Poster this year, each representing a suicide that occurs on average each day among the veteran population. The handshake represents our gratitude for the troops and our Call to Action to Join Forces with VYP.

The eagle the freedom our veterans have given us and paid dearly for.

Root to Rise - The warrior in yoga pose is rooting down into the earth to grow from trauma representing our mission to support recovery and resilience for our veterans, families and communities. Learn more at

VeteransYogaProject.org

gratitude + peace

Embody gratitude and turn up the peace this holiday season with this special 90 minute all-levels "flow" practice led by Brianna Renner (former USMC) and Wendy Reese Hartmann.

All participants will receive a special gift!

SUNDAY, NOVEMBER 12 11 AM - 12:30 PM @ Killington Yoga

\$20 minimum suggested donation. Space is limited.

Register: <http://wholebeinginc.com/veterans-yoga-project-fundraiser/>