

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

## Injured Veterans Practice Yoga to Reduce Stress with Wounded Warrior Project

MONTCLAIR, Va., Aug. 22, 2016 /[PRNewswire-USNewswire](#)/ -- Many Americans regularly wish for better sleep, but it is an especially desirable thing for wounded veterans who struggle with challenges like post-traumatic stress disorder (PTSD). Wounded Warrior Project® (WWP) recently hosted a yoga class for injured warriors to introduce them to moves that help provide deeper sleep and a sense of calmness.

"I have taken some of this teacher's classes before, but this one was more relaxing," said Coast Guard veteran Chris Burnside. "The breathing techniques have helped me manage my PTSD."

WWP program events like this give wounded warriors an opportunity to experience firsthand what is possible when exposed to social gatherings that get them engaged with fellow service members.

"I was a bit nervous at first because the crowd was bigger than I am used to," Chris said. "I went in thinking I might be judged by others. But when a few other men showed up, I felt better. Everyone was there to learn, and we all come from a similar background as injured veterans."

Chris even brought his service dog to the yoga session. His dog, King, doesn't get out much, but he was very relaxed around other service dogs at the event. The dogs even did a downward dog yoga pose during the class. Knowing King was enjoying the day helped Chris feel even more relaxed.

In addition to learning relaxation techniques to ease chronic stress and yoga poses to promote deeper sleep, the warriors socialized after the class as they drank smoothies and ate nutrition bars.

"It was nice being around other veterans," Chris said. "I'm glad I decided to attend this function with WWP."

WWP programs are offered free of charge for a lifetime, and are designed to ease the burdens of warriors, their caregivers, and families by aiding in the recovery process and smoothing the transition into civilian life.

All WWP programs and services are personalized to encourage warriors, caregivers, and family members to reach educational and employment goals as they recover physically, mentally, and emotionally.

### **About Wounded Warrior Project**

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. The WWP purpose is to raise awareness and to enlist the public's aid for the needs of injured service members, to help injured servicemen and women aid and assist each other, and to provide unique, direct programs and services to meet their needs. WWP is a national, nonpartisan organization headquartered in Jacksonville, Florida. To get involved and learn more, visit [woundedwarriorproject.org](http://woundedwarriorproject.org).

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