

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

Injured Service Members Practice Yoga in Indoor Rainforest

Time to Refocus for Wounded Veterans and Their Families

SCOTTSDALE, Ariz., Feb. 5, 2016 /PRNewswire-USNewswire/ -- Injured service members and their families enjoyed a unique opportunity for relaxation and reflection while practicing yoga at Butterfly Wonderland in Scottsdale. With thousands of butterflies in all shapes, sizes, and colors, the group had time to walk through the atrium, enjoy the butterflies, and clear their heads prior to unrolling yoga mats.

This event is part of the Wounded Warrior Project® (WWP) Alumni program which provides support through shared experiences for injured service members and their families. The WWP Alumni program is one of 20 free programs and services offered by WWP and delivers a wide range of activities and events throughout the year. Many WWP Alumni face similar challenges; and events like this offer wounded veterans a chance to come together and connect with other Alumni and family support members.

The group yoga began at sunset with a series of sun salutations that flowed into other poses. With mist sprayed every few minutes and the atrium kept at a warm 80 degrees, the group focused on breathe control, being present, and mindful.

"The location and atmosphere was ideal. I have done a little yoga in the past and have to say this experience and setting takes the cake," said Thomas Holliday, an Army veteran and WWP Alumnus. "To be in a peaceful, tropical setting with all the butterflies was amazing, especially since we live in the desert here."

Thomas is very thankful for his years of experiences with WWP. "It has been very positive and has saved my life. Since getting medically retired from the Army three years ago, I have been to hell and back and WWP has been there to support and empower me to get past the struggles," Thomas said.

WWP is currently serving more than 100,000 wounded service members, their family members, and caregivers free of charge. Most recently, WWP launched Warrior Care Network™, a \$100 million investment to battle the invisible wounds of war and reach those who might otherwise go untreated. This is a first-of-its-kind partnership between WWP and four national academic medical centers of excellence including Emory Healthcare, Massachusetts General Hospital, Rush University Medical Center, and UCLA Health to connect thousands of injured warriors with world-class care.

Learn more about WWP's lifesaving programs and services at woundedwarriorproject.org.

About Wounded Warrior Project

The mission of Wounded Warrior Project® (WWP) is to honor and empower Wounded Warriors. WWP's 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.

Photo - <http://photos.prnewswire.com/prnh/20160205/330135>

Photo - <http://photos.prnewswire.com/prnh/20160205/330136>

SOURCE Wounded Warrior Project

For further information: Rob Louis - Public Relations Specialist, Email: rlouis@woundedwarriorproject.org, Phone: 904.627.0432

Additional assets available online: [Photos \(2\)](#)

<https://newsroom.woundedwarriorproject.org/2016-02-05-Injured-Service-Members-Practice-Yoga-in-Indoor-Rainforest>