

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

Injured Veterans Embrace Restorative Yoga with Wounded Warrior Project

WASHINGTON, Feb. 7, 2017 /[PRNewswire-USNewswire](#)/ -- Injured veterans explored the tranquil side of physical health and wellness during a recent Wounded Warrior Project® (WWP) program event in Washington D.C. As participants learned the fundamentals of yoga, they experienced the benefits of attending social events that get them out of the house and connected with fellow veterans who are also looking to improve their overall health and increase their mobility.

Bluebird Sky Yoga owner and instructor Jennie Light accommodated participants of all ability levels and skill sets as she led the group through different physical postures and introduced them to the eight limbs of yoga. The first four limbs help refine personalities, gain mastery over the body, and develop an energetic awareness of ourselves. The last four limbs deal with the senses, the mind, and attaining a higher state of consciousness.

"My past limited experience with yoga showed it can be effective in calming my anxiety and putting me in a better place both physically and spiritually," said Kurt Wilson, U.S. Navy veteran. "I feel more comfortable around fellow veterans than at a random yoga class at a studio or gym."

Beyond the benefits of improved physical health and wellness, outreach events like this support the long-term recovery needs of warriors by reintroducing them and their families to the unique bonds experienced during military service. Connecting with fellow service members in the community minimizes isolation and creates a support structure during the healing process.

In a [WWP survey](#) of the injured warriors it serves, 29.6 percent of survey respondents expressed physical activity helps them cope with stress and emotional concerns. Programs like this highlight the importance of managing mental health through physical activity. Through the generosity of donors, these free programs and services are available to injured veterans and their families.

"I found a few of the poses challenging since I am not very flexible naturally," Kurt said. "But it inspired me to get back into the practice of yoga and motivated me to perform breathing exercises and meditation throughout the day, which helps keep me grounded."

To learn more about how WWP connects, serves, and empowers wounded warriors, visit <http://newsroom.woundedwarriorproject.org/>.

About Wounded Warrior Project

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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<https://newsroom.woundedwarriorproject.org/2017-02-07-Injured-Veterans-Embrace-Restorative-Yoga-with-Wounded-Warrior-Project>