

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

Wounded Warriors Learn Relaxation Techniques Through Recovery Yoga

EL PASO, Texas, Oct. 23, 2018 /PRNewswire/ -- Certified yoga instructors walked injured veterans and their family members through a Wounded Warrior Project® (WWP) yoga session to promote muscle recovery and flexibility.

Warriors learned the fundamentals of yoga, how it can help the body recover from everyday stress, and how to integrate this practice into their daily lives. Experts suggest the meditative qualities of relaxation through low-impact physical activities like yoga can compensate, in some circumstances, for loss of sleep.

"This yoga class not only helped me relax and get my muscles stretched, but it gave me some quality time with my wife and my fellow comrades," said Army veteran Roberto Robles.

Activities like yoga and socializing with other veterans can help injured warriors [cope with stress and emotional concerns](#). In a WWP survey (<https://www.woundedwarriorproject.org/survey>) of the injured warriors it serves, more than half of survey respondents (51.6 percent) expressed they talk with fellow veterans to address their mental health issues, and 30.3 percent indicated physical activity helps.

"This was an excellent opportunity to meet new friends," Roberto said. "The instructors made us work hard, but interacted with us and helped me gain confidence. I feel inspired to work out more and attend other Wounded Warrior Project events."

[WWP program](#) gatherings offer settings that provide opportunities for injured veterans to form bonds with one another and their communities. WWP also serves warriors by focusing on mental and physical health and wellness, financial wellness, independence, government relations, and community relations and partnerships.

WWP has been connecting, serving, and empowering wounded warriors for 15 years. To learn more, visit <http://newsroom.woundedwarriorproject.org>.

About Wounded Warrior Project

Since 2003, Wounded Warrior Project® (WWP) has been meeting the growing needs of warriors, their families, and caregivers – helping them achieve their highest ambition. Learn more: <http://newsroom.woundedwarriorproject.org/about-us>.

SOURCE Wounded Warrior Project

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<https://newsroom.woundedwarriorproject.org/2018-10-23-Wounded-Warriors-Learn-Relaxation-Techniques-Through-Recovery-Yoga>