

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

## Injured Veterans Feel the Heat During Restorative Hot Yoga Session

MILWAUKEE, Oct. 25, 2018 /PRNewswire/ -- Wounded warriors stretched and strengthened their muscles at a hot yoga session with Wounded Warrior Project® (WWP). They focused on restoring and healing their bodies and minds.

"It was a chance to try a new way to relieve pain," said Army veteran Jennifer Martin. "It helped, and I learned a lot. Also, I could relate to many of the other veterans. The event really helped me feel that I'm not alone with being in pain. We all deal with some of the same things."

The class had elements of yin yoga — slow-paced movements — incorporated into the routine for all experience levels. A relaxing cool down followed the practice to help warriors heal further.

[WWP events](#) support the long-term recovery of warriors in environments that accommodate physical injuries and social anxieties.

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.

"There were more women warriors there than men," Jennifer said, "which helped me relax more. I discovered that we all have pain in different areas of our bodies, and this Wounded Warrior Project hot yoga session helped me and my fellow veterans learn how to live healthier lives through diet and exercise."

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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Additional assets available online: [Photos \(1\)](#)

<https://newsroom.woundedwarriorproject.org/2018-10-25-Injured-Veterans-Feel-the-Heat-During-Restorative-Hot-Yoga-Session>