

The mission of *Yoga Warriors International*<sup>™</sup> is **“To alleviate symptoms of combat stress (COSR) and post-traumatic stress disorder (PTSD) and increase the resilience of critical task performers working in high stress environments, including affected caregivers and family members by providing evidence-based yoga practices”.**

# YOGA WARRIORS INTERNATIONAL™

## ABOUT THE YOGA WARRIOR METHOD

**T**he Yoga Warriors Method began in 2005 with years of hands-on experience with and feedback from Vietnam Combat Vets. In October, 2009 seventy U.S. military personnel stationed in Kirkuk, Iraq, participated in a randomized experimental/control study which yielded significant reductions anxiety and improvements in quality of life indicators. The study was published in the American Journal of Occupational Therapy (Jan. 2012). The Iraq study was a formal collaboration between Yoga Warriors, the US Army Institute of Surgical Research, and Major Jon Greuel, USAF, Principle Investigator.

The Yoga Warriors Method skillfully integrates concepts from yoga therapy, traditional yoga philosophy, and psychology, with current scientific knowledge of the body and mind to promote health and well-being.

## YOGA WARRIORS INTERNATIONAL™ CLASSES

Yoga Warriors classes are gentle, beginner yoga classes using the proven *Yoga Warriors*

*International*™ method. They are designed to introduce the basics of yoga and include positive affirmations, yoga postures, breathing, and relaxation techniques. The classes emphasize emotional healing and focus on a relaxed pace in a safe and nurturing environment.

Yoga Warriors is a simple, effective technique that delivers inner peace, vibrant health and relaxation. Classes are currently being taught throughout the United States and Canada, as well as overseas to deployed military.

For a listing of the more than 150 Yoga Warriors International™ certified teachers, go to [www.YogaWarriors.com](http://www.YogaWarriors.com).

## BENEFITS OF ATTENDING YOGA WARRIORS CLASSES

- Develop a flexible mind set, one that can rise to meet day-to-day challenges and quickly return to a calm, relaxed state.
- Manage emotions in day-to-day life using positive stress management techniques.
- Become more present in the moment

by drawing awareness to the breath and bodily sensation.

- Improve energy level to support meeting one's daily needs and goals.
- Improve self-acceptance and self-esteem by using affirmations to reduce and reverse negative thinking patterns.

## YOGA WARRIOR STUDENTS TESTIMONIALS

"This class gives you a chance to wind down each week, relax and stretch you mind and your body." – **L. E., Retired Marine**

"I fell asleep because I was so relaxed. I'm calmer, more flexible and coping has increased. I like it a lot....enough said."

– **D. H., Army Soldier**

"This is a gentle, non-invasive way to begin dealing with any PTSD or combat-related stress or reintegration stress as a service member or spouse." – **E. B., Spouse of a National Guardsman**

"This class has been outstanding after coming back from Iraq this has been the best I have felt." – **M. P., SFC NC Army National Guard Retired 30 years**

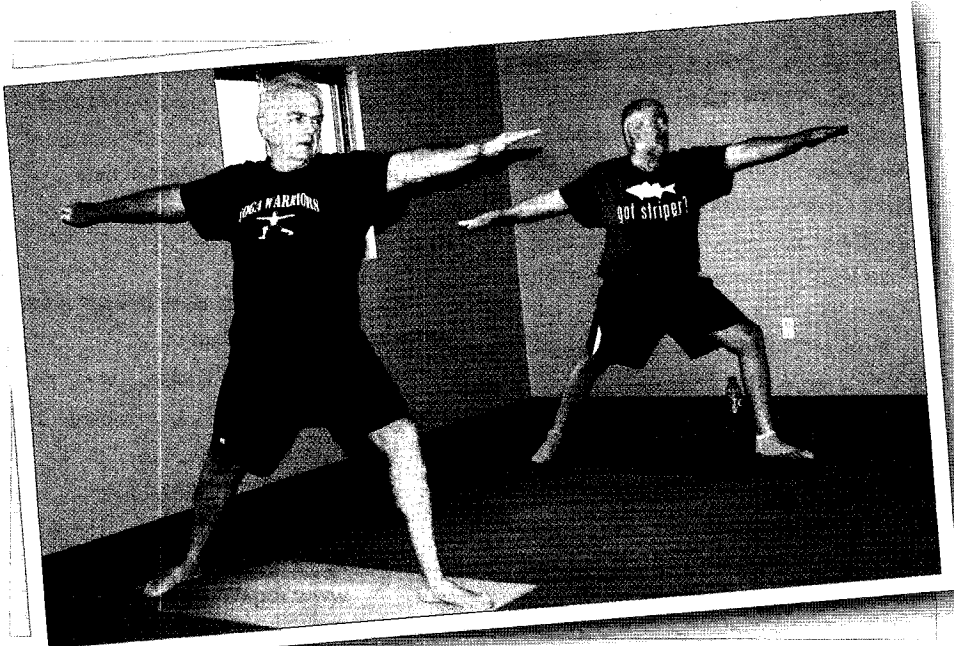
"I have found yoga/meditation to be a major tool in the management of combat related PTSD. Over the years my sleeping habits and anger management has improved." – **M. D., Vietnam**

## YOGA WARRIORS TEACHER CERTIFICATION

This program is open to anyone who is inspired to facilitate healing to those with PTSD or Combat Stress Disorder and to professionals who work with (or would like to work with) active-duty military personnel or veterans.

## TEACHER TRAINING LEARNING OBJECTIVES

- Understand that PTSD is an anxiety disorder and that the Yoga Warriors





military who would like to participate in the *Yoga Warriors International™* Teacher Training.

**LUCY CIMINI, B.A., R.Y.T. E-500 HR**

Lucy Cimini is Founder of *Yoga Warriors International™* and Subject Matter Expert. She has a background in Education and Social Rehabilitation with over 25 years of experience teaching therapeutic to advanced yoga classes. She is the President of Central Mass Yoga and Wellness, Inc. in Massachusetts. She is one of the authors of the published Iraq study (Jan. 2012; American Journal of Occupational Therapy) "The Effects of Sensory Enhanced Yoga on Symptoms of Combat Stress in Deployed



method activates the Parasympathetic Nervous System.

- Meet a vet that takes the Yoga Warriors classes and learn how this special program has changed his life.
- Learn how Yoga Warriors addresses the military concerns and meets their needs.
- How to introduce a Yoga Warriors class in military facilities and in your community.
- Understand the neurophysiology of PTSD/COSR and corresponding specific treatments within the Yoga Warriors method.
- Learn effective pranayama techniques (breathing exercises) to help reduce hyperarousal.
- Understand Yoga Warriors postures and sequencing strategies, and their 4 guidelines.
- Demonstrate positive affirmations and understand the "top down" and "bottom up" concept within the Yoga Warriors International™ method.
- How to create a safe atmosphere for Yoga Warriors students and how to deal with specific emotional reactions (triggers).
- How to utilize restorative yoga and chair yoga for TBI/Amputees in this therapeutic setting.

Many mental health professionals have found great value in this alternative non-pharmaceutical treatment modality!

**WHO SHOULD TAKE THIS TEACHER CERTIFICATION TRAINING?**

This program is open to anyone who is inspired to facilitate healing to those with PTSD or Combat Stress Disorder and to professionals who work with (or would like to work with) active-duty military personnel and veterans.

Proof of 200 hr. or 500 hr. yoga teacher training is required before receiving the certificate to teach *Yoga Warriors International™* classes. For others who would like to take this training, they will receive a certificate of attendance stating they have attended the training.

A discount is available for active duty

Military Personnel". She has developed outreach yoga programs for corporate clients, combat veterans and active-duty personnel and their families (*Yoga Warriors International™*), recovering addicts and prison inmates. She has integrated formal instruction on teaching "trauma sensitive" classes to yoga teachers across the country. Her work has been the subject of many local, national and international yoga and news articles.

**To register, find classes in your area or for more information:**

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