



FREE CLASSES - IN PERSON

American Legion Gold Star Post #1365
17 Cannon Avenue, Staten Island, NY 10314
Chair Yoga, Breathwork & Guided Relaxation
Every Wednesday 12noon - 1:00pm ET
All Veterans & Military Families Welcome

OR Join via Zoom Link

<https://us02web.zoom.us/j/84257354338?pwd=bTFiNHplUFI1V3R0V3d2clhML3MwQT09>

Meeting ID: 842 5735 4338

Passcode: 451612

*U.S. Army Garrison - Fort Hamilton
Main Gate 101st Street & Fort Hamilton Parkway
Brooklyn, NY 11252 - Fitness Center
Yoga Saturdays 10:00am - 11:00am ET

Register by email - Clarissa.Alliano@VeteransYogaProject.org

*I.D. Required - proper Military I.D. to enter Base, Active Duty Military,
Active Duty NYPD

FREE CLASSES - ONLINE ONLY

VeteransYogaProject.org Download the [VYP app](#)

Classes Every Day & Night. All Are Welcome.

(Gentle, Active, Chair, Back Care, For Women, For Recovery, Guided Meditation, Yoga Nidra)

VYP YouTube Practice Library youtube.com/c/VeteransYogaProject

VYP Website Practice Library veteransyogaproject.org/practice/

Online VYP APP Classes with Clarissa Alliano -
Sat 8:00pm-8:45pm ET Yoga Nidra Guided Rest

SAGE Vets, Advocacy & Services for LGBTQ+
Chair Yoga, Breathwork & Guided Relaxation
Zoom Monthly Mondays
1:30pm-2:30pm ET
SageUSA.org

Register by email - bellicott@sageusa.org

Fort Wadsworth
Active Flow Yoga on Zoom (not Gentle)
Saturdays 8:00-9:00am ET
All Veterans & Military Families Welcome

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BlueStarFam.org

- * Volunteer with VYP - [APPLY](#)
- * VYP Mindful Resilience for Trauma Recovery Training [MRT training](#)
- * VYP 200-Hour Yoga Teacher Training
- * VYP Mindful Resilience for Cultivating Compassion

***For additional details & to RSVP contact VYP New York Metro Area Manager @ Clarissa.Alliano@VeteransYogaProject.org
Please visit our website @ VeteransYogaProject.org***