

Power Breath

Meditation Workshop

for Veterans

April 5th - 9th



- Improved Sleep Quality*
- Enhanced Mental Clarity*
- Stress Relief*
- Deep Mental Relaxation*
- Optimal Performance*

Free for Active Duty, Veterans and Family

Dates: April 5th-9th

Times: Th, Fri & Mon 6:30 - 9:30 PM

Times: Sat & Sun 9:00 AM - 1:00 PM

Venue: Mt. Carmel Vets Service Center
530 Communication Circle, Col Spr

The Power Breath Meditation Workshop is a mind-body program that emphasizes techniques to build resiliency. It offers practical breath based tools that decrease stress, anxiety, anger, and sleep problems resulting in improved overall well-being.

Contact: angela.warner108@gmail.com
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www.pwht.org



★ ★ ★ PROJECT ★ ★ ★

Welcome Home Troops

Register early - Limited to 20 participants. Must attend all 5 days.

<https://goo.gl/forms/254VpTftPdwdI8Yf1>