



VETERANS YOGA PROJECT
Mindful Resilience

VETERANS YOGA PROJECT



MINDFUL RESILIENCE

AT THE

GRETNA AMERICAN LEGION POST 216

11690 S 216TH ST • GRETNA, NE

MEETS EVERY
WEDNESDAY
★
3:30 PM

★
FREE
OPEN TO THE
COMMUNITY

YOGA TEACHER
**JUSTIN
WOHLFORD**

★ ALL LEVELS AND EXPERIENCE ARE INVITED ★

★ OPEN TO VETERANS, ACTIVE DUTY, FIRST RESPONDERS AND THE COMMUNITY ★

STARTS SEPTEMBER 9th

★ YOGA FOR STRENGTH. BREATH FOR CALM. COMMUNITY FOR SUPPORT. ★

HONOR ★ HEAL ★ CONNECT