



**WARRIORS**  
FOR HEALING  
SERVING • EMPOWERING • TRANSFORMING

yoga JOURNAL LIVE!

SAN DIEGO • JUNE 28, 2015  
YOGA JOURNAL LIVE! • JUNE 25-29, 2015 • HOTEL DEL CORONADO

## LET'S START A MOVEMENT -- IT TAKES 2+ YOU!

As a yoga community we have the ability to join forces around a shared purpose. By working together we can - in a loud and resounding voice - create awareness about the healing powers of yoga and mindful breathing. Our collective knowledge and energy can have a direct impact on those suffering from trauma. This movement - may start out with a small group of dedicated people - but with your help we can build a better, fairer and more sustainable world.

**On June 28th**, as part of the prestigious **Yoga Journal Live! Conference**, this movement will go national - live streamed from coast to coast. Over 600+ Yogis, service groups, spiritual centers, veterans and military supporters will join together on the idyllic Windsor Lawn of the historic Hotel del Coronado overlooking the Pacific Ocean in a 90-minute Warriors for Healing Yoga Celebration of Service led by former NBC news war correspondent **Bhava Ram**, with music by **Steve Gold** and **Jim Beckwith**, plus special guests.

Let's welcome Yoga Journal to OUR YOGA COMMUNITY in style by supporting its centerpiece event and show the world that the San Diego yoga community supports its Warriors!

***Please join us by creating a Team Fundraising page around this shared mission!***

### HOW TO GET INVOLVED:

#### 1. GO TO CROWD RISE NOW (Home Page)

<https://www.crowdrise.com/GiveBackYoga> and visit our **Give Back Yoga** event page to become a Team Leader with your own special page. Choose the SET UP YOUR TEAM option towards the top right of the event page screen and fill in the details about yourself.

#### 2. SET UP YOUR PAGE

(Click here to bypass homepage and go direct to set up Team). You will be able to name your page, add a photo and share who you are, and set the goal for how much you hope to raise (\$1,008 is an auspicious number!)

#### 3. PROMOTE YOUR PAGE.

Promote your TEAM PAGE on all of your social network accounts. Add a widget to your page by clicking on EVENT WIDGET.

#### 4. ENGAGE FAMILY & FRIENDS

Reach out and seek support for your commitment to selfless service and giving back to our veterans. Share word far and wide, help us spread word, grow a movement, make a difference.

**NOTE:** If you need assistance setting up your team, please email us and we can set a team up for you: [ann@warriorsforhealing.org](mailto:ann@warriorsforhealing.org)

### THANK YOU FOR YOUR SUPPORT!

**Proceeds raised by your efforts go directly to support programs produced by Give Back Yoga Foundation and Connected Warriors, both national foundations providing Yoga science and other healing services to our veterans and those suffering from PTSD.**

### REASONS TO GET INVOLVED:

- ✔ Through your participation in Warriors for Healing you join our family in a sense of common purpose to create a greater awareness about the power of yoga to transform lives.
- ✔ Your studio is noted in the social media outreach of W4H and students from across the country coming to Yoga Journal Live San Diego become aware of you.
- ✔ You will receive added benefits based on your level of fundraising.
- ✔ For every \$100 raised one vet will be given the tools and resources to explore yoga as a therapy to deal with their own personal trauma. And, You show the commitment of selfless service of the Yoga community.



**ABOUT THE GIVE BACK YOGA FOUNDATION:** Give Back Yoga Foundation's Mindful Yoga Therapy (MYT) program has developed and delivered an evidence-informed, clinically tested yoga program specifically for veterans with post-traumatic stress and readjustment issues.



**ABOUT THE CONNECTED WARRIORS FOUNDATION:** Connected Warriors provides Free "trauma conscious" yoga classes nationwide for veterans, service members, and their families that are designed to encourage physical, mental, and emotional health and wellness. Participants learn and develop skills that allow them to mentally, emotionally, and physically heal while reconnecting to everyday life and the communities in which they live.

***"Find Yourself in the Service of Others" - Ghandhi***

VISIT THE WARRIORS FOR HEALING WEBSITE: [WARRIORSFORHEALING.ORG](http://WARRIORSFORHEALING.ORG)

VISIT THE WARRIORS FOR HEALING FACEBOOK PAGE: [FACEBOOK.COM/WARRIORSFORHEALING](http://FACEBOOK.COM/WARRIORSFORHEALING)