

# FREE COMMUNITY YOGA — *All are Welcome!*



## MINDFUL RESILIENCE

Yoga for Veterans, First  
Responders & Families

Wednesdays & Fridays | 12:00 PM – 1:00 PM

Cathedral of the Pines, Rindge, NH

**FREE for Veterans, First Responders & Their Families**

- Build Resilience • Reduce Stress • Find Balance
- All Welcome: Veterans, Active Duty, First Responders & Caregivers



Register

Register Online (Free)  
[www.cathedralofthepines.org/regist](http://www.cathedralofthepines.org/regist)

[www.veteransyogaproject.org](http://www.veteransyogaproject.org)



VYP Website