

CAMP PENDLETON 2017



Connected Warriors offers yoga to Service members, Veterans and Spouses at no cost.

CW yoga instructors are 200+ hour certified plus trained in trauma-conscious yoga.

- Improve resiliency
- Increase range of motion
- Manage stress
- Lower blood pressure
- Relieve chronic pain
- Increase patience
- Improve sleep
- Improve flexibility
- Release toxins
- Relaxation response
- Increase circulation
- Gentle and restorative

MONDAYS 1700-1800 (5 PM – 6 PM)

21 AREA FITNESS CENTER BLDG 21075

TUESDAYS 1845-1945 (6:45PM - 7:45PM)

PAIGE FIELD HOUSE (MAINSIDE) BLDG 1110

SATURDAYS 1100-1200 (11 AM - NOON)

21 AREA FITNESS CENTER BLDG 21075

SUNDAYS 0900-1000 (9 AM - 10 AM)

PAIGE FIELD HOUSE (MAINSIDE) BLDG 1110

Proper ID needed to get onto base. Mats, blocks and straps on hand to use or bring your own. Wear loose pants and T shirt. Sign in at front desk. It is best not to eat 2 hours prior to class. Spouses or guests encouraged to attend. Stay hydrated.

FOR CLASS CALENDAR SIGN UP ONLINE @ CONNECTED WARRIORS MEETUP SOCIAL

POC: Diane 978-855-2128

EMAIL: Diane@connectedwarriors.org



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IN STEP WITH YOU