

Connected Warrior Project Heals Veterans Through Yoga

Written by Amanda Savage

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Strengthening the mind, body, and soul are three things that we strive to do every day. One tool that can help us achieve all three is practicing Yoga. The spiritual and physical benefits of yoga can be a very useful tool for managing short and long term stress. In the last few years, yoga programs for military veterans, which were mere impossible to come across; have now sprouted up all throughout the country. Connected Warriors, which is a national nonprofit organization, believes that the practice of yoga can be quite powerful in helping war vets overcome the stresses and injuries they endured.



Connected Warriors was founded on the principles of volunteerism and selfless giving. They are a group of yoga instructors, business professionals, and military veterans, who have come together to honor the men and women of the military and their loved ones by offering free yoga courses to help deal with the stress and trauma of war. Karen Baker, a certified instructor with more than 30 years of experience, offers free classes every Tuesday from 5:00 to 6:00 pm at the Anza Athletic Club in the Robson Quail Creek Active Adult community. You do not have to be a Quail Creek resident to attend.



The course is geared towards beginners with no yoga experience and is ideal for all levels of physical capability. For more information about Connected Warrior yoga classes contact Karen Baker at kkbaker1714@yahoo.com. She teaches many different classes at the facility such as Pilates, Aquafit, yoga and Cardio pump. Check out her website at www.karenbakerfitness.com for further information.