



FREE WEEKLY Yoga Classes



In this class you can expect to do movement with breath along with some guided relaxation and gratitude practice. No experience is necessary for these accessible classes. Wear clothing that is comfortable to move in.

If you are wondering, "Do I qualify as a veteran?" then our question for you is simply "Have you ever served in the US armed forces?" If you have served, you qualify. It does not matter in what capacity.

Free Yoga for Veterans was founded by Nancy Garnhart. Nancy is a highly trained yoga teacher who also holds certification in Mindful Yoga Therapy (MYT), a powerful protocol for working with veterans living with PTSD. Veterans who have attended Nancy's FYFV classes in the past have discovered the amazing changes regular participation in these classes can bring. Yoga in Action is pleased to have Nancy join our team as the director of Free Yoga for Veterans.

Free Yoga for Veterans

Mondays 10:00am

Carey Cottage
Music Room
400 Little Harbor Rd
Portsmouth, NH



Fridays 10:00am

South Berwick
Town Hall - 3rd Floor
180 Main Street
South Berwick, ME

brought to you by:



Christine M. Loeber
FOUNDATION



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Town of South Berwick, ME

www.YOGAinACTION.org