Yoga for Veterans

Therapeutic yoga practices, including relaxation and meditation, are a valuable treatment component for post-traumatic stress and other trauma-related psycho-emotional difficulties. Participants of our current classes learn how to handle stressful situations in a more relaxed manner by quieting and focusing their mind, which encourages positive thoughts and self-acceptance. This is a collaboration between Connected Warriors and NFO. Volunteer yoga instructors teach a weekly class in Taos, NM. Mats, blocks, straps are given to all attendees. Additionally, classes are held in Albuquerque, Santa Fe and Silver City, New Mexico.

Every Tuesday at 17:30-18:30 at Taos Yoga Therapy in Central Station 208 Paseo del Pueblo Sur, Ste 103 ((Between & Behind La Bell Dry Cleaners & Dara Thai Restaurant)) Taught by Carrie Leven. Every Thursday at 16:30-17:30 at Aurafitness 1337 Gusdorf Rd Suite S, Taos, New Mexico 87571

Details

Ages: All ages
Payment Options: Free
Special Needs: Veterans
Restrictions: Military Families

Services

Health Support/Education/Insurance

Locations

461 Valverde Commons Drive
Taos, NM 87571

Phone: 575-224-4150 3

Parent Organization

Not Forgotten Outreach, Inc.

Not Forgotten Outreach’s mission is to motivate Military, Veterans & their Families and Gold Star families of fallen heroes to participate in recreational, therapeutic and farming activities in order to facilitate the healing process and reintegration challenges. The vision of Not Forgotten Outreach (NFO) is to create a place where veterans and their families reach deeply within themselves and the soil to make themselves more peaceful and productive in our communities.

610 Paseo Del Pueblo Norte
Taos, NM 87571

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