



Simple yoga can help decrease stress, PTSD, and improve physical health. Yoga for You is for people of all ages, shapes, sizes and abilities. So take control of your day by doing a quick yoga break at work or at home. Whatever you are wearing is fine. Be more productive, be more focused and relaxed, and be healthier.

Choose from these FREE mp3 Audio Yoga Breaks: (<http://greentreeyoga.org/FREE/free.htm>) *
Audio

1. A Seated and Standing Yoga Break mp3 (5:54) Simple relaxation stretches and breathing.
2. A Seated Yoga Break mp3 (6:17):
Use these seated stretches and breathing ideas to create your own relaxation
3. A Standing Yoga Break mp3 (6:50):
Use these standing stretches and breathing tips to allow you to take control of your day by making yourself calmer and stronger.
4. Free SIMPLE STRESS MANAGEMENT BREAKS print out

Can't decide if yoga is for you? Read what fellow vets have to say.

<http://greentreeyoga.org/Programs/Veterans/veterans.htm> *

From: [Healing Life's Traumas](#) *

"I can be very difficult to stay in your own body when you're getting flashbacks, the lighting changes, and you feel like you're not even in the room." ~ Sara

"Yoga is not about talking about your trauma. It's about you and your relationship to your body," ~ Van de Kolk.

From: [Yoga and Post-Traumatic Stress Disorder \(PTSD\)](#) *

"Yoga helps regulate emotional and physiological states... Yoga helps you feel safe in your own body. Yoga teaches us that there are things we can do .. to quiet the brain."

* These links will take you outside of the Department of Veterans Affairs website.
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