



Serving Those Who Have Served

**RHODE ISLAND CONNECTED WARRIORS
YOGA FOR SERVICEMEMBERS,
VETERANS & THEIR FAMILIES**

Every Tuesday 6:00-7:15 pm

**North Kingstown Community Ctr.
36 Beach Street, NK, RI
(401) 268-1542**

**Contact Lori Giuttari, RYT-200
Lori@LGCoach.com**

**Hosted by the North Kingstown
VFW Post 152**

**Attend 3 classes and get a free yoga mat
Compliments of:**

connectedwarriors.org

Connected Warriors serves Servicemembers, Veterans, and their Families at no cost to participants.

CW yoga instructors are trained in trauma-conscious teaching methods.

- Improve resiliency
- Increase range of motion
- Manage stress
- Lower blood pressure
- Relieve chronic pain
- Increase patience
- Improve sleep



Join us on social media

Connected Warriors is the largest volunteer organization in the United States offering evidence based trauma-conscious yoga therapy to Servicemembers, Veterans, and their Families at no cost.

