



All Welcome!

## *Healing Sunrise Yoga*

Part of the *Healing Vets Weekend*

*June 2, 2018*

*Washington Festival Park  
on the waterfront  
6 a.m.*



*Before the Ride for Rose Haven: Supporting Women Veterans*

Bring mat or towel and early morning flexibility!

*Sue Kammers, Facilitator*

"The positive aspect of yoga's mind, body and spirit connection helps us keep a post-traumatic growth perspective as opposed to looking for something wrong or broken," says Anderson, who includes yoga as part of his center's programming. "It's amazing to see the relief they get from an approach that reminds them that they are connected and whole."

Brian Anderson, co-founder of the Veterans Alternative Center



*Sue Kammers RN-BC and 200-hour RYT, spent the last 13 years of her nursing career working for the VA; most recently caring for female veterans in the Women's Clinic in the Greenville VA. This clinic provided all aspects of care including physical and mental health. She is currently teaching Yoga at the Grace Martin Harwell Senior Center and substitute teaches yoga at several corporate facilities. She has substitute taught SUP yoga at Inner Banks Outfitters last summer.*