

*“I’m sleeping better.
That changes
everything.”*
– Jon B.



Practicing breathing exercises

**Yoga is a non-invasive,
non-pharmaceutical solution
to many of the challenges
our veterans face.**

We offer an orientation session
to introduce the yoga practices
to you before joining our
on-going group.

Please contact Nancy to
schedule a session,
or for more information:
(317) 371-7967
nancy@heartlandyoga.org
www.heartlandyoga.org

**In a recent VA-funded
research study
for veterans with
stroke injuries,
all of our veterans
said they would recommend
yoga to friends and family.**



Please consider donating to this worthy
cause, and thank you for helping us
make this program possible!

Heartland Yoga Community is a 501(c)(3) nonprofit
organization. All donations are fully tax-deductible.



**YES to VETS
offers yoga classes
free of charge
developed to meet
the needs of veterans.**

*“This is the
highlight
of my week.”*
– Chuck M.

We offer:

- Yoga classes at no charge, designed for veterans facing challenges of injury and illness
- An evidence-based practice used in our successful and popular research studies through the Indianapolis Roubush Veterans Administration
- Pleasant, easily accessible facilities with safe and free parking
- Experienced teachers and assistants providing individual help
- Family and care partners are welcome free of charge!

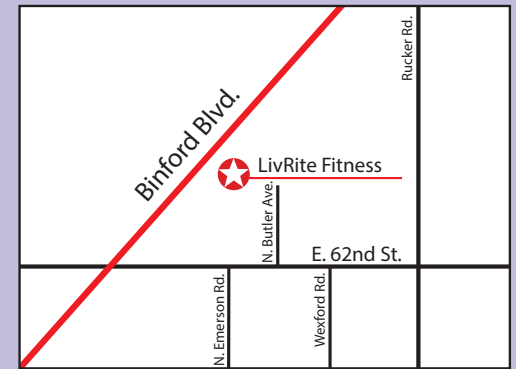
“The yoga helped me more than anything else I’ve done.”
- Mel S.

Mondays 2–3:30pm Northeast Indy

LivRite Fitness
6220 North Butler Ave.

From Binford Blvd. turn east on 62nd Street.
Turn left at the first street, N. Butler Ave.
You’ll see LivRite half a block ahead.

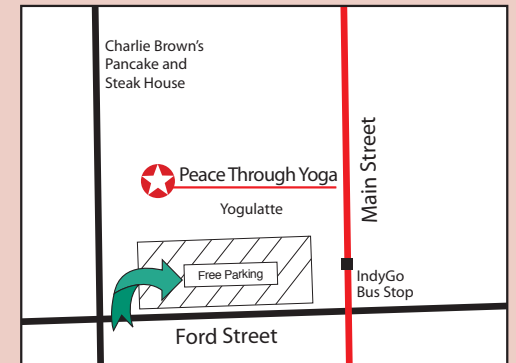
1 Cor 15:57 “But thanks be to God for the victory through our Lord Jesus Christ”



Fridays 10–11:30am Speedway

Peace Through Yoga, formerly Main Street Yoga
1032 Main St.

Just north of 10th St., between Yogulatte and Charlie Brown’s. Easy parking on street in front or in parking lot on south side of building.
Enter parking lot from Ford Street.



Our Director, Nancy Schalk, left, and a few of our Yes to Vets assistants, Letitia, Heather, and Shawn.

We are a team of yoga enthusiasts who want to give back to our veterans by offering simple, safe and effective yoga practices.