

# MINDFUL VETERAN P R O J E C T



## Join us for a *free* VIRTUAL Introduction to Mindfulness Workshop

in partnership with  
Nancy's Chair Yoga Community

Monday  
September 21<sup>st</sup>, 2020

10:30 - 11:30<sup>AM</sup>  
(Pacific Daylight Time)

click  
[HERE](#)

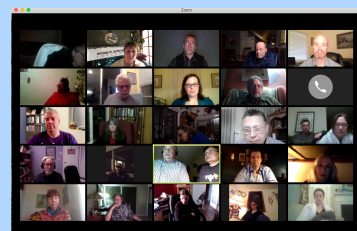
or copy/paste this URL into your browser

<https://us02web.zoom.us/join/register/tZUpc-6qjwiHtNNqHTrx6R5IE082HzqmT09>

to register & get Zoom link

\* registration is required  
but free \*

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we'll be sitting comfortably in chairs - no  
props, special clothing, flexibility, experience  
needed

you can't fail or be bad at this -  
how refreshing!

bring a bit of fruit, chocolate, crackers/chips,  
cheese with you for one of the practices

be prepared to be pleasantly surprised