

Student Veterans Find Your Zen



**8 Free Sessions
Starting
Monday,
Sept. 29 @ 6pm**

**VETERANS
YOGA
PROJECT**
Mindful Resilience

VYP



De-stress and connect with fellow veterans in a supportive and calming environment. All levels are welcome!



Free 8-session program
at Hunter College.

**Sign up Now!
Space is Limited.
Must commit to
attending at
least 5 sessions.**



veterans@hunter.cuny.edu

Please scan QR code and
respond by Friday 9/26/25