



YOGA AT THE FORT

Mindful Resilience Practices

Classes are starting up week of June 7th

Saturday: 10:00-11:00 am

Wednesday - 630-7:30 am

Proper Military ID to enter base

Main gate 101st St & Ft Hamilton Pkwy Visitor

Control Center #718-630-4848

Meet in the Sports & Fitness Center

Desk #718-630-4793

Mindful Resilience for Veterans & Military Families

 *Saturdays – Basic Stretch & Rest*

A calming, grounding practice to reset and recharge.

 *Wednesdays – Active Stretch & Rest*

An energizing session to build flexibility and resilience.

*All veterans, active duty, and military family members
are welcome.*

Drop-ins encouraged – no experience needed.

Teacher: Clarissa Alliano
clarissa.alliano@veteransyogaproject.org
<https://veteransyogaproject.org/>

**Gratitude for our
partnerships!**



VETERANS YOGA PROJECT

Mindful Resilience



NYC

Department of
Veterans' Services