



No experience
necessary.

Equipment
provided.

NO-COST YOGA FOR

All bodies
welcome.

Trauma-
informed.

VETERANS

Mondays 1100-1200 at VA Chad Dr Clinic
(gentle yoga; upstairs conf room; walk-ins welcome)

Tuesdays 1000-1200 at Eugene Vet Center
(chair yoga then meditation; registration required)

Thursdays 1100-1200 at VA Chad Dr Clinic
(gentle yoga; upstairs conf room; walk-ins welcome)

Sundays 0930-1030 at Sheldon Community Center
(gentle yoga; walk-ins welcome; open to family)

Fridays 1100-1200 at VA Chad Dr Clinic
(Hatha yoga; upstairs conf room; walk-ins welcome)

SCAN CODE for more information, groups, and info!



SCAN ME

For questions & requests for new classes:

Alexandra Cordle 541-653-0464

Eugene Area Manager for Veterans Yoga Project
alexandra canhellyou@gmail.com

