

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

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



**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 contact Nancy for more
information: (317) 371-7967
nancy@heartlandyoga.org
www.heartlandyoga.org



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



**YES to Vets
offers no-charge
yoga classes
developed specifically
for veterans
and their families.**

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

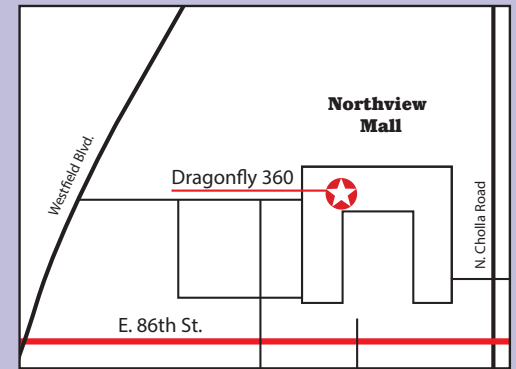
We offer:

- Yoga classes at no charge designed for all military veterans and their families
- An evidence-based practice used in our successful yoga research studies at the Roudebush VA Hospital, Indianapolis
- Experienced yoga therapists, teachers and assistants providing individual help
- Practices that target stress, pain, balance, sleep, metabolism, and the mind

Mondays 2–3:30pm Northview Mall

Dragonfly 360
1724 E. 86th Street

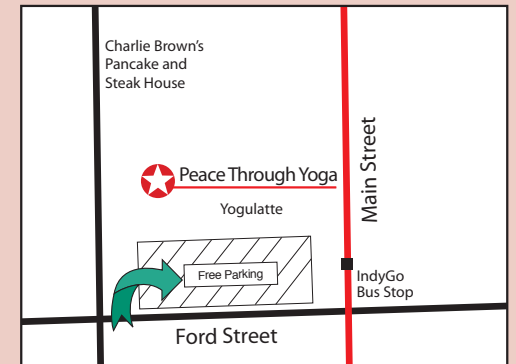
Between Meridian Street and Keystone Parkway on the north side of 86th Street, in Northview Mall across from North Central High School.



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.



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



Carol Weiss, Nancy Schalk (Director, Heartland Yoga), and Gaynell Collier-Magar

We are a team of long-time yoga practitioners who want to give back to our veterans by offering effective yoga classes.