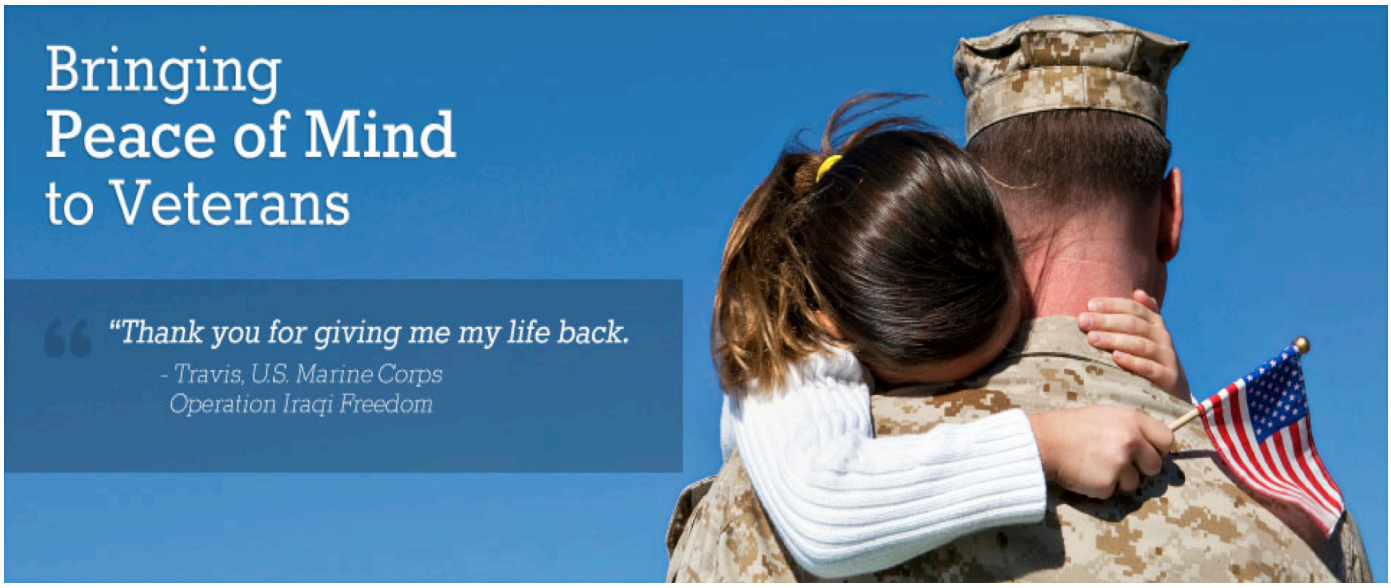

"After getting out of the Army I did not adjust well to civilian life. I was short-tempered toward everyone. After learning the breathing techniques most of my anger dropped away. Now I approach life with a calmness I never had before. On the rare occasions when I do get angry, I have easy-to-use techniques to relax and get rid of the stress. I have a new-found confidence to meet any challenge that arises.

" – Ron Bayes, U.S Army, Desert Storm

POWER BREATH MEDITATION WORKSHOP

The Power Breath Meditation Workshop is a mind-body resilience building program for Veterans and Service Members. It offers practical breath-based tools that support wellness and optimize performance.

Five-Day Workshop – Attendance at all sessions is required

August 20 – August 24, 2015, Delaware, OH

6:30 - 9:30pm Weeknights 10am – 2pm Saturday

Sunday 10am – 2:30pm

Venue: All Life Center, 123 Hyatts Rd, Delaware, OH

Workshop Offered at No Cost to Veterans * Service Providers $150

Space is Limited. To register email: leslye.moore@pwht.org or call 208-409-7806

A Program of Project Welcome Home Troops: www.pwht.org