

FOR IMMEDIATE RELEASE

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Penobscot Bay YMCA Offers New Yoga Program to Veterans

The Penobscot Bay YMCA is pleased to announce a new and exciting class called *Welcome Home Yoga*. This class is designed to help Veterans alleviate the symptoms of PTSD (Post Traumatic Stress Disorder). The program is offered free of charge to our local Veterans to help support their return to civilian life. It will be held at the Teen Center on Wednesday evenings from 6:00-7:00 pm beginning January 4, 2012. The instructor, Kate Fitzgerald, has had more than 200 hours in training for veterans with PTSD, and 500 hours as a certified Yoga therapist.

Numerous studies have been and are being conducted on the benefits of Yoga for PTSD and the findings are astounding. Clinical research has proven the benefits of Yoga as an alternative type of treatment for the relief of PTSD. Through the practice of affirmations, gentle movements and postures, breathing exercises and meditative practices, the participants will come to learn techniques to quiet the mind and reconnect with the self.

The YMCA is very proud of our Veterans and grateful for their service and sacrifices. This is an opportunity to give back to them for all they do to protect our country. For more information on *Welcome Home Yoga* or to register for the program, please call the Penobscot Bay YMCA at 207.236.3375.