

## In-Person and Virtual Yoga Classes for Veterans, Caregivers, and Active Duty Military

Age Requirements

18 and over

Intake Process

Visit the website, call, or email for virtual and in-person event information.

Provider Refer

Yes

Report Problems

Call the Agency

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Send an Email

Self Refer

Yes

Veterans Yoga Project

<https://veteransyogaproject.org/>

<https://www.facebook.com/veteransyogaproject.org>

<https://twitter.com/VeteransYoga>

Main

(203) 936-9642

PO Box 6472

94501 CA

United States

Fee Structure

No Fee

Languages Spoken

English

Veterans Yoga Project (VYP) offers in-person and virtual yoga training and classes for veterans, caregivers, first responders, and active-duty military families. The program teaches attendees mindful resilience. [Find local classes](#) and visit the [online yoga studio](#) on the website.

Service Area(s)

Nationwide

Email

[info@veteransyogaproject.org](mailto:info@veteransyogaproject.org)