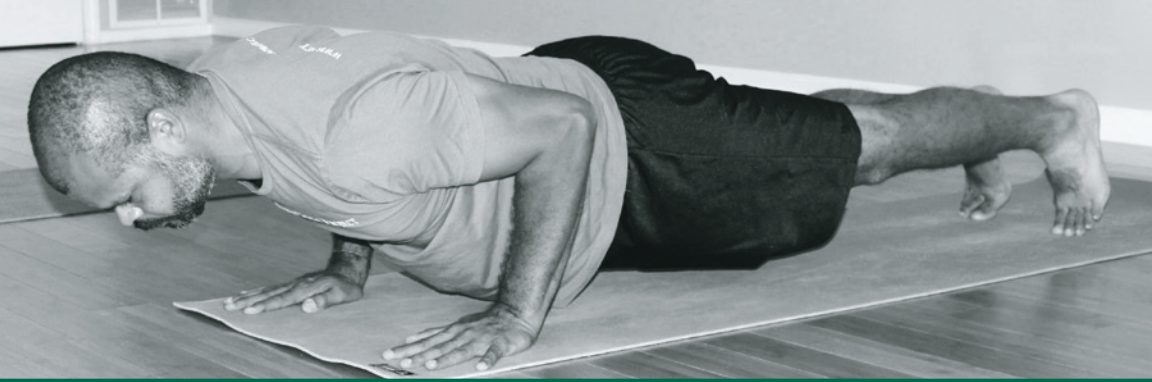


Veterans Yoga Project presents
Mindful Yoga Therapy for Veterans Coping with Trauma
by Suzanne Manafort and Daniel J. Libby, PhD





Mindful Yoga Therapy for Veterans Coping with Trauma is a collection of simple but effective yoga practices developed by the authors through practical and clinical experience working with Veterans coping with post-traumatic stress disorder (PTSD) and other psycho-emotional stress. While benefiting trauma patients safely and comfortably, the practices can be used by anyone dealing with stress.

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