

together with Give Back Yoga and Kaia Yoga

# OPERATION FINDING PEACE

*serving veterans through yoga*



May 17, 2012 3pm-830pm **OPERATION FINDING PEACE** Kaia Yoga Complete Wellness 1200 Post Road East Westport, CT 06880 [GIVEBACKYOGA.ORG/PEACE](http://GIVEBACKYOGA.ORG/PEACE)



**GIVE BACK YOGA**  
**FOUNDATION**



# SAVE THE DATE

## MAY 17, 2012

*together with Give Back Yoga and Kaia Yoga*

## OPERATION FINDING PEACE

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On May 17th, 2012 join Kaia Yoga, Beryl Bender Birch, Seane Corn and Cyndi Lee for an evening to raise money and awareness for the Give Back Yoga Foundation and it's work with Yoga for Veterans. The event will include 108 sun salutations, panel discussion, silent auction and cocktail reception. Tickets will be available for one or all portions of the event.

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a Give Back Yoga benefit at Kaia Yoga ~ May 17, 2012

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## **Kaia Yoga Announces Fundraiser to Support Yoga Programs for U.S. Military Veterans**

*Gala event will include a silent auction to support the Give Back Yoga Foundation and a panel discussion with world-renowned yoga teachers Beryl Bender Birch, Seane Corn and Cyndi Lee as well as Robin Gilmartin from the Connecticut VA*

**WESTPORT, Conn. – March 19, 2012** – Kaia Yoga, has announced that it will host a fundraiser on the evening of Thursday, May 17, 2012 at its Westport, Conn. studio to support the Give Back Yoga Foundation and its Yoga for Veterans program. The evening will include 108 sun salutations, a cocktail party and silent auction and a panel discussion featuring world-renowned yoga teachers Beryl Bender Birch, Seane Corn and Cyndi Lee and Robin Gilmartin, Director of the PTSD Residential Rehabilitation Program for the VA Connecticut Healthcare System.

The Give Back Yoga Foundation (<http://givebackyoga.org/peace>) believes in making yoga available to those who might not otherwise have the opportunity to experience the transformational benefits of this powerful practice. They do this by supporting and funding certified yoga teachers to offer the teachings of yoga to under-served and under-resourced segments of the community.

“Yoga is successfully being introduced to a growing number of veterans deployed to Iraq or Afghanistan struggling with serious mental health problems including Post-Traumatic Stress Disorder (PTSD), major depression, and traumatic brain injury,” said panel participant and Give Back Yoga Foundation Board Member, Beryl Bender Birch. “Since trauma lies in the body, mind, and spirit, a holistic, integrated treatment approach that includes mindful yoga practices can be very helpful to these men and women, as well as their families.”

Yoga for Veterans supports teachers and programs focused on addressing the unique needs of those returning home from active duty. Providing instruction in yoga and meditation has been shown to help veterans lead more successful post-deployment lives, helping them transition back to civilian life and reconnect with themselves, friends, and families. Veterans with PTSD, for example, have used yoga as a successful method to regain control over a nervous system that is always “on edge.” Yoga Nidra (a physical relaxation and visualization practice) is now recognized as a Tier I Integrative Medicine Modality (IMM) for working with chronic pain, and a Tier I IMM for working with PTSD in military settings.

The State of Connecticut is home to nearly 285,000 U.S. Military veterans who served in the Middle East and other foreign wars. In the next year, another 15,000 veterans will return home from active duty and the National Guard. 18 veterans commit suicide every day, proving that even once they come home they are still in danger. They have risked so much for us already, we are honored to be able to offer them something that may ease their pain.

“We encourage you to join us on May 17 to celebrate the homecoming for the State’s veterans and expand resources for teachers committed to working with these young men and women who have given so much in service to our country,” said Stan Woodman, Owner of Kaia Yoga and Board Member of Give Back Yoga Foundation. “Yoga has the capacity to help rebuild bodies and spirits and is something that can be done anywhere.”

### **Event details:**

**When:** Thursday: May 17, 2012

- Sun Salutations: 3:00 pm
- Panel Discussion: 5:00 pm
- Reception / auction: 6:30 pm

**Where:** Kaia Yoga, 1200 Post Road, Westport, CT 06880

**Cost:** \$108 - \$500; for more information and to purchase tickets: <http://givebackyoga.org/peace>

**Media Contact:** Katherine Sanford: [katherine@kaiayoga.com](mailto:katherine@kaiayoga.com)

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**GIVE BACK YOGA**  
**FOUNDATION**

 **kaia**yoga complete wellness center

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## What is it?

We will be joined by internationally acclaimed Yoga Teachers and Visionaries - Beryl Bender Birch, Seane Corn, Robin Gilmartin and Cyndi Lee - on Thursday, May 17, 2012 for an evening of conversation about **the importance of service in the yoga community** and the **powerful impact that yoga can make in the lives of those who need it most.**

Yoga is being introduced to a growing number of veterans struggling with serious mental health problems including Post-Traumatic Stress Disorder (PTSD), major depression, and traumatic brain injury. These men and women who have risked their lives to serve our country need our help. Providing instruction and practices in yoga and meditation can help these veterans lead more successful post-deployment lives, helping them transition back to civilian life and reconnect with themselves, friends, and families. For example, veterans with PTSD use yoga as a method to regain control over a nervous system that is always "on edge", and to regain control over self-destructive behaviors and habits.

## Where will the money we raise go?

- \$5,000 GIFT will provide 2 Veterans with scholarships to become certified Yoga instructors and Give Back to a community of their choice. They'll take these practices to Veteran centers throughout the country.
- \$2,500 GIFT helps 1 Veteran with a scholarship to become a certified Yoga instructor and Give Back to a community of their choice.
- \$1,000 GIFT provides 20 Veterans with PTSD iPad nanos loaded with deep relaxation meditations from yoga masters.
- \$250 GIFT can help bring mats, blocks, Give Back Yoga CDs and the book, Finding Peace by Beryl Bender Birch to VA medical centers.
- \$100 GIFT provides Give Back Yoga CDs designed for PTSD to VA medical centers.
- \$50 GIFT provides 3 Veterans Give Back Yoga CDs and book, Finding Peace.
- \$\_\_\_\_\_ GIFT changes a veterans' life. Every dollar makes a difference.

## Event Details

- **When:** Thursday: May 17, 2012
  - Sun Salutations: 3:00 – 4:30pm
  - Panel Discussion: 5:00 – 6:30pm
  - Reception/auction: 6:30 – 8:30pm
- **Where:** Kaia Yoga, 1200 Post Road, Westport, CT 06880
- For more information and to purchase tickets: <http://givebackyoga.org/peace>.

**3:00-4:30pm: 108 Sun Salutations** with Stan Woodman: The number 108 has been considered sacred for thousands of years in India. The Hindu prayer necklaces contain 108 beads, each one representing an individual mantra or prayer. Chinese Buddhists and Taoists also use a 108 bead mala. In yoga, it is believed that our heart center is where the soul resides. From the heart center 108 channels, called *Nadis*, radiate out to all parts of the subtle body. By changing a mantra 108 times, the energy of the mantra enters each of those channels so that it reaches all parts of the body. Coming together as a group to welcome each new season and cycling through 108 sun salutations provides the opportunity for a challenging physical workout as well as a focused, meditative experience.

**5:00-6:30pm: Yoga Panel Discussion** "Why is Service Important in the Yoga Community" Featuring Beryl Bender Birch, Seane Corn, Robin Gilmartin, Cyndi Lee, Stan Woodman, and Gina Norman

**Beryl Bender Birch**, world renowned yoga teacher and author of Power Yoga, Beyond Power Yoga, and Boomer Yoga has been an avid student of yoga and the study of consciousness since 1971. With degrees in English and philosophy, Beryl has traveled extensively in India and has been teaching classical yoga and Vedantic and Buddhist philosophy for 38 years. She began training yoga teachers as “spiritual revolutionaries” in 1980 and was only one of seven American women named by Yoga Journal in its “Innovators Shaping Yoga Today” issue. She is the director-founder of The Hard & The Soft Yoga Institute and The Give Back Yoga Foundation.

**Seane Corn** is an internationally celebrated yoga teacher known for her impassioned activism, unique self-expression, and inspirational style of teaching that incorporates both the physical and mystical aspects of the practice of yoga. Her Vinyasa classes are an eclectic fusion of various healing and spiritual modalities, making them challenging, intuitive, insightful and uplifting. Seen on The Today Show and selected by Nike to represent yoga, she has been featured in commercials, print and various articles and on the covers of numerous magazines including Yoga Journal, Fit Yoga, Healing Retreats and Inner Vision. As a strong and articulate voice for social change, she is also the national yoga ambassador for YouthAIDS, co-creator of the Off the Mat, Into the World programs and co-founder of Bare Witness Humanitarian Tours.

**Robin Gilmartin** is the Director of the PTSD Residential Rehabilitation Program for the VA Connecticut Healthcare System in Newington. In this role, she directs a 3-month residential treatment program focused on the psychosocial rehabilitation of veterans with chronic PTSD and substance diagnoses. She has been instrumental in building programs to support the unique needs of veterans including the inclusion of recreational therapies like horseback riding and yoga. Gilmartin has authored a number of journal publications on PTSD and served as an Adjunct Assistant Professor at the Smith College School for Social Work.

**Cyndi Lee** founded OM yoga center in New York City in 1998. Cyndi teaches classes, teacher training and special workshops at OM yoga center as well as leading retreats worldwide – everywhere from Moscow to Memphis, Costa Rica to Copenhagen, London to Las Vegas, and Hong Kong to Istanbul. Cyndi is the author and artist of Yoga Body, Buddha Mind; OM yoga Today; OM yoga, A Guide to Daily Practice; OM at Home, A Yoga Journal; and the OM yoga in a Box series. Cyndi and OM yoga have been featured on ABC's Early Show; Live with Regis and Kathie Lee; CBS's Good Morning, America; FCNN; and other television shows as well as numerous publications such as The Wall Street Journal; The New York Times; Vogue and Time Out.

**Stan Woodman** took his first yoga class in 1991 and began a dedicated Ashtanga yoga practice in 1997. Along with an extensive background in bodywork, he has completed his 1,000-hour yoga teaching certification through Beryl's the Hard and the Soft Yoga Institute. Stan has also studied with many senior Ashtanga teachers and, in 2005 and 2006, traveled to India for further study with Sri K Pattabhi Jois. His traditional approach to Ashtanga allows practitioners to develop a safe and mindful practice and take what they learn into their daily lives. Stan is a GYBF Board member. One of Stan's favorite things to do is spend time with his beautiful 4 year old daughter Kaia.

**Gina Norman** is the owner of Kaia Yoga in Greenwich and Westport, CT with her husband Stan. She holds teacher training certificates from Beyoga (currently YogaWorks) and Om Yoga Center. Gina is the Director of Teacher Training Programs at Kaia Yoga and has been featured in Fitness, Parent, Organic Spa, Yoga Journal, Woman's Entrepreneurs, Mothering and Hampton's Magazines. Her fascination with mind-body work and its essential connection to overall health and happiness led her to study Thai Yoga in Thailand, Vipassana meditation in India and Buddhist studies in the Shambhala tradition along with Cranial Sacral Therapy through the Upledger Institute. Her vision as director of Kaia Yoga was to develop a wide variety of programming to support not only practitioners through yoga but to build a community where people from all walks of life can come for educational trainings, community and nourishment of their body and mind

**6:30-8:30: Reception and Silent Auction.** Please join us for a reception and silent auction, all proceeds will go to support the incredible work that The Give Back Foundation is doing. Great organic appetizers, wine, and a chance to bid on lots of great items, such as weekend vacations, private chefs, and many more.

### **About the Give Back Yoga Foundation**

The Give Back Yoga Foundation supports, inspires, and funds certified yoga teachers to become spiritual revolutionaries – to step out into the neglected and underserved corners of their communities and give back through the gift of yoga.

### **About Kaia Yoga**

The word kaia means 'pure'. Gina and Stan Woodman created Kaia Yoga with the understanding that optimum health and happiness is achieved when we work to strengthen our bodies, purify our systems, and nourish our relationships. Kaia Yoga is committed to meeting you at your starting point and offering you the support and services you need to reach your health and wellness goals. Gina and Stan are devoted yogis who have practiced and taught around the world. They believe in taking a holistic approach to achieving balance and wellness.