

★ 2024 ★

GOVERNOR'S CONFERENCE ON EMERGENCY
MANAGEMENT AND HOMELAND SECURITY

MINDFUL RESILIENCE YOGA PRACTICE
PRESENTED BY:



WHEN

Thursday, March 14
5:30 - 6:30 pm

WHERE

Grand Geneva Resort

WHO ALL Are Welcome

DETAILS

- YOGA FUNDAMENTALS FOR BEGINNERS AND EXPERIENCED YOGIS
- JOIN US FOR AN HOUR-LONG PRACTICE EXPLORING THE PHYSICAL AND MENTAL HEALTH BENEFITS OF YOGA
- VETERANS YOGA PROJECT CLASSES ARE CENTERED AROUND BUILDING MINDFUL RESILIENCE IN RESPONSE TO THE UNIQUE CHALLENGES OF SERVICE IN PUBLIC SAFETY AND HOMELAND SECURITY-RELATED CAREER FIELDS

INSTRUCTOR:

SMSGT (RET) JAMIE BUTCHER IS A REGISTERED YOGA TEACHER AND A VOLUNTEER WITH VETERANS YOGA PROJECT. AFTER SERVING OVER 20 YEARS IN THE WISCONSIN AIR NATIONAL GUARD, JAMIE RETIRED FROM THE AIR FORCE AND COMPLETED A 200-HOUR YOGA TEACHER TRAINING

COURSE. JAMIE NOW SHARES THE BENEFITS OF YOGA AND MEDITATION WITH MEMBERS OF THE WISCONSIN NATIONAL GUARD AND VETERANS ORGANIZATIONS IN SOUTHEAST WISCONSIN. SHE BRINGS A RELAXED, APPROACHABLE STYLE TO ALL OF HER YOGA PRACTICES WITH AN EMPHASIS ON ACCESSIBILITY AND COMFORT FOR ALL.



LEARN MORE:

WWW.VETERANSYOGAPROJECT.ORG