

# HEALING THROUGH STILLNESS

## Meditation for Veterans & Survivors of Trauma

*Do you live with PTSD, thoughts of self-harm, or feelings of isolation?*

*You are not alone—and there is a path to peace, clarity, and connection.*

*Receive free meditation instruction to reconnect with purpose and inner strength.*

### What You'll Learn:

- Breathing, movement, & awareness techniques that reboot your nervous system
- Anchoring practices to calm intrusive thoughts
- Compassion meditation – for yourself and others
- A path of practice that leads to clarity, resilience, and self-mastery

### Who It's For:

- Veterans of all backgrounds
- Survivors of PTSD or physical/emotional trauma
- Anyone struggling with loneliness or self-harming thoughts

**IN BARABOO, WI: STARTS FRIDAY JULY 6, 7-8 PM**

**WHEN AND WHERE: [It's All About You Yoga](#), 102 4th Ave, Baraboo**

**Meets weekly, same time and place**

**PLEASE RSVP BY EMAIL: [info@korinji.org](mailto:info@korinji.org)**



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