

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: FRIDAYS 6:30-7:30 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



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