

WHAT THE TROOPS SAY

“This workshop has done more than I ever could have imagined. Not knowing there were any underlying issues made it hard to acknowledge or accept them. After doing the workshop and continuing my home practice, I have opened the door to my emotions. I am happy to say that I can feel happiness as well as sadness, and both are great. Just being able to feel has been an amazing experience for me, and has made me become connected with friends and family. I have been given a new life, and I feel empowered to share my new self with everyone. Thank you for giving me a life worth living.”



— **Travis Leanna**
U.S. MARINE CORPS
OPERATION IRAQI FREEDOM

“The course was very beneficial for me uncovering things about myself that I never realized had been bothering me. It helped me be at peace with myself from issues, feelings and the things that I participated in at war...through that I have been able to come to peace with some things that I did and the way I felt about them. I wish I could have learned this breathing 40 years ago.”



— **Noel**
VIETNAM COMBAT VETERAN

“This course has had a tremendous impact on my life. I am able to live my life with a clear mind, positive attitude, and a lighter heart. The events that occurred while engaged in combat left me in a state of depression, anxiety, sleeplessness, anger, and frustration. I have done my best to battle my demons through physical activity and counseling. Nothing has come close to the healing that occurred during this workshop. I honestly feel like I have been given a second chance at life, and the weight I carried has been lifted. I continue to practice the techniques taught in the course, and I look forward to the new journey I am on.”



— **U.S. Marine Corps Veteran**
OPERATION ENDURING FREEDOM

WHAT THE TROOPS SAY

“I have found an inner contentment and peace that I had not experienced before the course. I learned to be more accepting of myself and others. I learned the power the breath has, and how it is the key to surviving any and every situation life throws at you. I have repeated the course a few times and have encouraged everyone I know to consider it. Make the time, see for yourself, it will be worth every breath!”



— **Jennifer Kannel Ambord**
WI ARMY NATIONAL GUARD
OPERATION IRAQI FREEDOM

“The course really puts you in touch with your breathing and how it affects your stress levels. You become calm and relaxed with less stress. It is an extremely useful tool for individuals who suffer emotional trauma.”



— **Shad Meshad**
VIETNAM VETERAN
FOUNDER & DIRECTOR
NATIONAL VETERANS FOUNDATION

*** PROJECT ***
Welcome Home Troops

Project Welcome Home Troops
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Project Welcome Home Troops is a program of the International Association for Human Values (IAHV). IAHV is a 501(c)(3) nonprofit educational organization. Veterans are not charged for the training.

*** PROJECT ***
Welcome Home Troops

Power Breath
Meditation Workshop

RESILIENCE TRAINING FOR
OPTIMUM PERFORMANCE

- Improved Sleep
- Increased Energy
- More Control over Emotions
- Enhanced Interpersonal Relationships

The Power Breath Workshop for Veterans, Service Members and Families

The Power Breath Meditation Workshop is a resilience-training program offering techniques to release stress and restore peace of mind. These tools bring deep mental and physical relaxation, which can reduce symptoms of anxiety, anger, insomnia and depression. Once learned, these techniques can be practiced on a daily basis. The cornerstone of the program is a transformational breathing process called Sudarshan Kriya Yoga (SKY).

Additional yoga-based stretching before and guided relaxation after the practice complement and enhance stress reduction and build resiliency. Through interactive exercises and discussions, the workshop also teaches resilience skills which strengthen self-awareness, connectedness and community.

The training is conducted over 5-7 consecutive days with each session approximately 3-4 hours. Participants are required to attend all sessions. After the training, periodic group follow-up sessions help to support individual practice. Past participants have found that this format has helped them manage the ongoing stress and emotions associated with past trauma and reintegrating into civilian life.



About Sudarshan Kriya Yoga (SKY)

Research shows the SKY practice helps to relieve symptoms of Post Traumatic Stress (PTS). The University of Wisconsin-Madison has recently completed a study evaluating the program with veterans returned from Iraq and Afghanistan. Results suggest that the Power Breath Meditation Workshop significantly reduces PTS symptoms of anxiety, anger, insomnia, and that the benefits persist over time. For more information please refer to www.pwht.org.

Seppälä, E.M., et al., *Journal of Traumatic Stress*, August 2014, 27, 397-405

About Us

Project Welcome Home Troops (PWHT) began offering the Power Breath Meditation Workshop in 2005 as a program of International Association for Human Values (IAHV), a United Nations' NGO. IAHV offers programs in trauma reduction allowing human values to flourish in both individuals and communities.

PWHT trainers are experienced facilitators who draw upon veterans' existing strengths and wisdom to support them in returning to their natural, healthy state. Knowledgeable about military culture and PTS, our trainers guide the workshop with an attitude of mutual learning and respect. The program is interactive and facilitated in an open and supportive environment.

“During the course, I started off with high levels of anxiety, stress, discomfort, and exhaustion. I had several thoughts of not returning but my curiosity and commitment to see what would happen had (thankfully) gotten the best of me. By the last days I felt peace, comfort, and a sense of relief. The breathing techniques I've learned aided in my ability to release some of my unpleasant past that made me miserable for so many years and had a negative impact on my well-being and my life. I'm now on the path to happiness and contentment. Thank you, PWHT, for not giving up on Veterans like me.”

— NEIDRA
U.S. MARINE CORPS

“I feel as if I can finally move on with my life.”



— MIKE MASSE
WISCONSIN NATIONAL GUARD
OPERATION IRAQI FREEDOM



www.pwht.org

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Welcome Home Troops