

Yoga for Veterans Class Begins



SILVER CITY – A Yoga for Veterans class will be from 4 to 5:15 p.m. at the Lotus Center in Silver City beginning on Tuesdays.

The classes are free and are sponsored by Connected Warriors.

This class is designed specifically for and exclusive to veterans. No prior yoga experience is necessary to get full benefit from the classes. The classes will take place every Tuesday.

The instructor is Matthew Sommerville, a certified yoga instructor, yoga therapist, and Connected Warriors trainee.

This is a trauma conscious yoga class, said Sommerville in a news release.

The focus of these classes will be to feel more at ease in both the body and the mind. To do this, the class will be focused on the breath, meaning that participants are invited to be observant of the breath and the way managing the breath can calm both the body and the mind.

Working with the breath will be balanced with poses/movement that will emphasize both strengthening and bringing ease to the body, Sommerville said.

Participants should wear comfortable clothes that are easy to move in, such as sweat pants or work out gear.

The first class meeting will be an open house. Everyone is invited to come to get acquainted with the Lotus Center, meet the instructor, and ask questions about the class. The Lotus Center is located at 211 W. Broadway St. in Silver City, across from the Murray Hotel.

This class is sponsored and endorsed by Connected Warriors. Connected Warriors is the largest community-based volunteer organization in the United States offering Evidence Based Trauma-Conscious Yoga Therapy to Service members, Veterans and their Families at no cost.