

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

“A few weeks ago shooting, cars exploding, screaming, death, that was your world. Now back home, no one knows what it is like over there so no one knows how to help you get back your normalcy. They label you a victim of the war. I AM NOT A VICTIM... but how do I get back my normalcy? For most of us it is booze and Ambien. It works for a brief period then it take over your life. Until this study, I could not find right help for me. BREATHING like a champ.”



— **Nathan Hruska**  
US MARINE CORPS  
OPERATION ENDURING FREEDOM

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“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

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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.

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Welcome Home Troops

Power Breath Workshop



Learn how to dissolve stress on your own and bring life back into focus...

- Improved Sleep
- Increased Energy
- More Control over Emotions
- Greater Resiliency

Bringing Peace of Mind to Veterans

## The Power Breath Workshop For Veterans

The Power Breath Workshop trains veterans in effective 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.



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



— **MIKE MASSE**  
WISCONSIN NATIONAL GUARD  
OPERATION IRAQI FREEDOM

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## About Sudarshan Kriya Yoga (SKY)

Research shows the SKY practice helps to relieve symptoms of Post Traumatic Stress (PTS)<sup>1</sup>. The University of Wisconsin-Madison has recently completed a study evaluating the program with veterans returned from Iraq and Afghanistan. In the process of publication, preliminary results suggest that the Power Breath Workshop significantly reduces PTS symptoms of anxiety, anger, sleep problems, and that the benefits persist over time. For more information please refer to [www.pwht.org](http://www.pwht.org).

<sup>1</sup>Descilio, T., et al., 2009, Acta Psychiatrica Scandinavica, 121, 289-300.

## About Us

Project Welcome Home Troops (PWHT) began offering the Power Breath Workshop in 2005 as a program of the International Association for Human Values (IAHV). IAHV offers programs to reduce stress so that human values can flourish in individuals and communities. Its trauma relief and community empowerment programs reach a wide range of populations.

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.



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**Welcome Home Troops**

[www.pwht.org](http://www.pwht.org)