

LIVING FREE NEWS

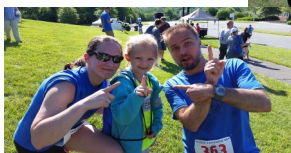
Newsletter for the veteran families of Charlottesville

Important Dates:

- Mondays at ALTAR'D STATE
- Tues Aug 8th TRAVINIA
- Sat Aug 12th WILDROCK RETREAT
- Tuesdays Sept 5-26 HEALING WITH HUMOR—Comedy workshop
- OCT FEARLESS begins

SUMMER 2017

Living Free programming takes a break each summer; however, the fun does not!



EVENTS



Join us for dinner at TRAVINIA Aug 8th 4-10pm. 15% of the proceeds will benefit Living Free! Special events begin at 5pm.

Aug 12th: 6 Living Free families will enjoy the beautiful playscape of

wildrock

For more information about Wildrock or the Veteran Retreat program visit:

<https://www.wildrock.org/veteran-get-away/>

COMMUNITY PARTNER SPOTLIGHT

FLYDOG YOGA



HONOR OUR HEROES

Free weekly yoga classes for those who serve.

FlyDog Yoga is a veteran owned studio that offers a variety of classes including power yoga, yoga and weights, flow, aerial yoga, and barre. We welcome students of all experience & fitness levels in to our community.



Warrior FOR Life	Protect AND Serve
FRIDAYS 4-5PM	MONDAYS 4-5PM
<p>The Warrior for Life series is a weekly complimentary all levels class for those who serve and those who have served in our nation's military. The class will include a basic flow to loosen up the body and bring about a new awareness of body and breath. It is a safe, comfortable environment for service members past and present to be introduced to the practice of yoga by fellow veterans.</p>	<p>The Protect and Serve series is a weekly complimentary all levels class for first responders past and present. The class will include a basic flow to loosen up the body and bring about a new awareness of body and breath. It is a safe, comfortable environment for first responders to be introduced to the practice of yoga by military veterans who share an understanding of serving one's nation and the impact such a career has on the body and the mind.</p>

We partner with national organizations that support the military and first responder communities.



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<https://www.flydogyoga.com>

"The Living Free program has given us new skills to succeed as a family."

-Single mom



Watch the new promo video by Lifeview Marketing here: <https://www.youtube.com/watch?v=LMYFPhH-Muw&t=36s>

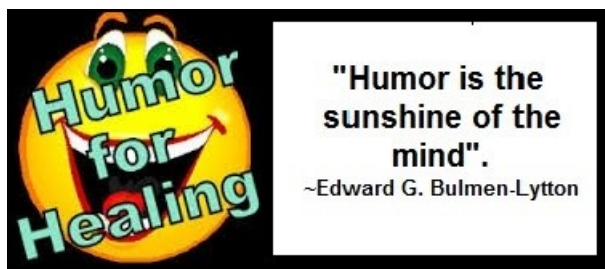
HEALING THROUGH HUMOR COMEDY WORKSHOP

Tuesdays 6:30-8:30 Sept 5, 12, 19 & 26 @ The Hyatt Place Stonefield.

Ages 18 & up- Reservations required *Childcare can be arranged.

Light meal and beverages provided

Reserve your place TODAY!



To Register or Contact Living Free:

<http://www.livingfree2gether.org>

livingfree2gether@gmail.com