



# Yoga for Warriors: Basic Training in Strength, Resilience, and Peace of Mind

*Beryl Bender Birch*

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## Yoga for Warriors: Basic Training in Strength, Resilience, and Peace of Mind Beryl Bender Birch

Here is a book for finding your way as a warrior and adapting to a peaceful life at home. The techniques of yoga and meditation have extensive scientific support for their effectiveness in relaxing the stress response, sharpening mental acuity, boosting immunity and recovery time, and promoting a general sense of health and psychological well-being. In *Yoga for Warriors*, acclaimed teacher Beryl Bender Birch presents a beginner-friendly approach that she originally developed while working with civilians and first-responders in the aftermath of the 9/11 attacks. Adaptable for readers' individual needs, these step-by-step practices include:

- Basic Breathwork—learn the foundational skill of *ujjayi* breathing to get grounded, present, and in control
- Build Your Fire—yoga's traditional "sun salutations" to warm up the body while quieting the mind
- Power and Balance—standing postures to open up, stretch, and strengthen the joints and muscles
- Turning Inward—the practice of yoga *nidra* for a highly alert yet deeply peaceful state of mind that can lead to restorative sleep
- Powerful meditation techniques that help heal the body and balance energy

War leaves more than physical scars. Military servicemen and women bear invisible wounds—including PTS (Post-Traumatic Stress), TBI (Traumatic Brain Injury), MST (Military Sexual Trauma), anxiety, and depression—all just as real and painful. If you or someone you know are just entering military service, preparing for deployment, or returning home, *Yoga for Warriors* offers the tools for one of the most challenging of transitions.

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