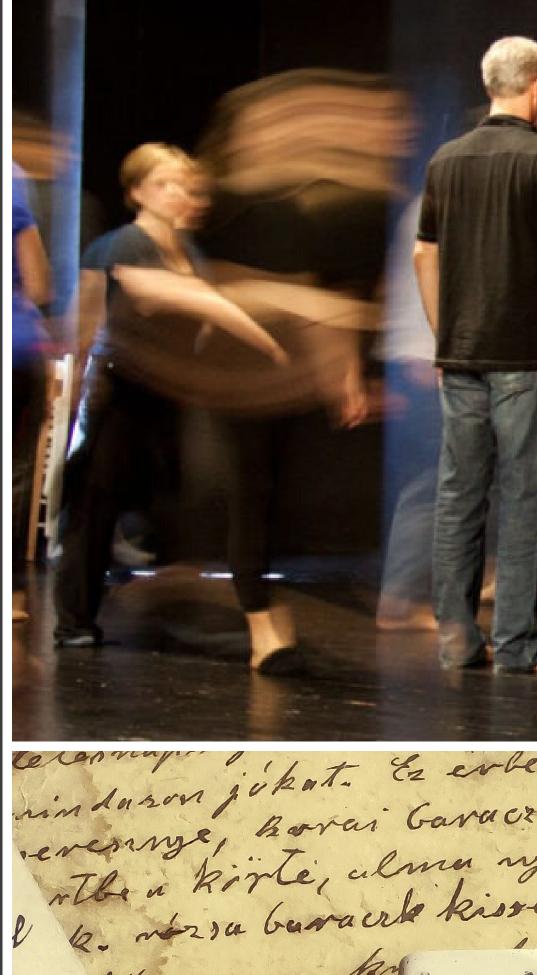


## LUCID BODY MOVEMENT FOR VETERANS

## Prepare your space:

Before your online session we recommend that you take a few minutes to prepare your



gi hynrig the si akor more

space.

Check your internet connection

Find a private space where you are not likely to be disturbed (if possible)

A yoga mat and some space to move around the mat

Loose comfortable clothing

Notebook and pen/pencil

Water nearby

