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**PRESS RELEASE  
FOR IMMEDIATE RELEASE:**

**UNITED WE OM AND YOGA FOR VETS NYC TEAM UP TO BRING YOGA TO VETS  
ON LONG ISLAND, NY**

United We Om, a Long Island based non-profit charity, providing yoga and meditation to underserved communities, is proud to be teaming up with yoga teacher and veteran Anu Bhagwati, founder of Yoga for Veterans NYC and the Service Women's Action Network, to bring eight weeks of yoga and mindfulness to Long Island veterans at the Bridge Back to Life Center, an outpatient treatment facility for service members and veterans struggling with issues related to their military experience. Classes will take place weekly at the Bridge Back to Life Center in Bethpage, NY from October 20<sup>th</sup> to December 8<sup>th</sup> 2015, and are open to all veterans, service members and their families at no cost.

Karma Projects are at the heart of United We Om's philanthropic work, connecting specialized teachers with populations most in need of the benefits of practice. Each Karma Project is as unique as the population it serves and is created to support the specific needs of each group. "While working on a grant to bring yoga training to the VA in Northport, I had the pleasure to speaking with Anu. I was so inspired by her service, her energy and her activism that I knew that I wanted to work with her," says United We Om's Executive Director, Matt Jared, "Only a veteran can understand another veteran's experiences and Anu has a balanced combination of both teacher and officer. It's an honor to work with someone so dedicated to serving others."

A native New Yorker, Anu served as an officer in the United States Marine Corps from 1999 - 2004. Anu discovered yoga in 2000 and began teaching yoga to Marines at the School of Infantry at Camp LeJeune in 2004. After leaving the Marines, Anu re-immersed herself in yoga while seeking treatment for physical and emotional injuries related to her military service. Anu is a writer, commentator and the founder of Service Women's Action Network, an award-winning nonprofit organization devoted to transforming military culture.

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This Karma Project will offer Long Island veterans eight weeks of introductory instruction in yoga and mindfulness, a healing modality increasingly embraced by the Department of Defense and the Veteran's Administration, having been clinically proven to effectively reduce PTSD, depression, anxiety, insomnia, chronic pain and chemical dependency.

Veterans interested in taking part in this Karma Project or attending class with United We Om at no cost, should contact Matt Jared at [matt@unitedweom.org](mailto:matt@unitedweom.org).

**COMPANY OVERVIEW:**

United We Om (@UnitedWeOm) is a registered 501(c)3 non-profit charity, providing yoga and meditation to underserved populations, while creating opportunities for yoga and meditation communities to use their practice to raise money and awareness for causes they care about serving. Husband and wife team, Matt and Jenny Jared created United We Om with the goal of empowering the yoga and meditation communities to change their world through the power of service. The founders believe the traditions are a powerful antidote to the sufferings of the modern world and operate the organization by the adage Lokha Samasta Sukhino Bhavantu, "Commit your actions to the happiness and freedom of all beings." For more information, contact: Matt Jared, Executive Director.



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