



The  
Warrior Flow<sup>®</sup>  
Foundation

**TRAUMA-INFORMED**  
**YOGA AND**  
**MINDFULNESS**

HEALING PRACTICES FOR  
A WORLD IN PAIN



# OUR MISSION



Founded in 2019, The Warrior Flow Foundation is an IRS-approved 501(c)3 charitable organization.

**The Warrior Flow Foundation ignites social change by bringing trauma-informed yoga, mindfulness, sound healing, and conscious movement programs to places where they are most needed, including hospitals, shelters, schools, police stations, hospice settings, and more.**

# SOME OF OUR PROGRAMS



## **Miami Beach Police**

**Department:** Stress-Reduction Yoga for 400 Police Officers

**Jackson Memorial Long-term Care:** Chair Yoga for Chronic Illness Patients

**Camillus House:** Trauma-informed Yoga for Homeless Shelter Residents

**Mount Sinal Hospital:** Stress-Reduction Yoga for Medical Residents

**Kristi House:** Trauma-informed Yoga for Adolescent Girls Rescued from Sex Trafficking

**Lotus House:** Trauma-informed Yoga for Homeless Mothers and Children



# OUR IMPACT



Time after time, participants in our trauma-sensitive yoga and wellness programs have expressed to us how deeply impacted they are by these practices. Whether we are working with the homeless, with police and first responders, with stressed-out physicians and medical residents, with long-term care patients in wheelchairs, or with girls and women recovering from commercial sex trafficking, we see the same thing happen again and again:

**the light coming back into people's eyes, as they experience a reprieve from their stress and suffering.**

These individuals may know nothing about “yoga” or “mindfulness” or “sound healing” as practices. The majority of first-time participants in our programs have never set foot in a “yoga” class or studio before. But by the end of a session, they know that something has shifted inside them, because they feel less stress, less fear, more hope, more inner peace, and more capacity for joy.

# OUR IMPACT



Trauma-informed yoga and wellness practices teach participants tools to better self-regulate their own nervous systems and feel more at home in their own bodies and lives, as well as tools to better co-regulate with other people in relational contexts.

In turn, this contributes to improved clinical outcomes. People with tools for self-care, self-regulation and co-regulation experience greater emotional resilience and impulse control.

The importance of this cannot be overstated in a context such as the shelters we serve, where people recovering from homelessness and/or commercial sexual exploitation are frequently ALSO recovering from co-occurring mental, physical, and behavioral health conditions.

Moreover, these same individuals may have experienced racialized trauma, police or community violence, physical or sexual abuse, and extreme poverty.



# OUR IMPACT



Their wounds are deep. For them, the healing practices of trauma-sensitive yoga and meditation are not “nice-to-have” — and the sometimes privileged notion of “wellness” doesn’t do justice to their acute needs. Our programs offer these wounded, stressed-out human beings crucial, transformative tools for recovering from profound trauma.

Once glimpsed, the possibility of psychological and emotional healing — and the sense of hope at least momentarily restored — can have long-lasting impacts, improving not only clinical outcomes but actual survival rates.

By supporting The Warrior Flow Foundation with a one-time or recurring donation of any amount, you help us make a profound contribution to human flourishing and communal healing.

That is the impact we make.  
**Together. With you.**

CAN WE  
COUNT

WILL YOU SUPPORT OUR WORK?

ON  
YOU?

Please help  
us bring these  
transformative  
programs to  
more people  
in need.

# THANK YOU!



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