

Hi <Contact>,

Join my friend, Yoga Master Eric Walrabenstein, as he shares the lessons learned from helping over 5,000 service members and veterans heal from stress using the yoga-based BOOTSTRAP program.

In this free online training, you'll learn:

- Why chronic stress conditions can be so difficult to heal.
- How what is commonly thought of as yoga is only a tiny fraction of the original practice.
- How to use the lesser-known techniques of yoga and mindfulness to neutralize the often ignored hidden sources of stress.
- And much more...

This special online training is suitable for anyone wanting to understand more about how to neutralize stress with proven mind-body techniques.

[Register free by clicking below.](#)

Sincerely,