



P.O.W Onsite Program Summary

The **P.O.W Program** is actively improving the mental, physical and emotional well-being of veterans and active military through MMA-themed training, yoga and peer-to-peer support. P.O.W's high-quality physical conditioning melds three fitness approaches with peer-support and a focus on veteran specific issues. Components of the P.O.W Program include:

- ☑ **P.O.W's MMA-themed training** includes MMA techniques, drills and sparring. This challenging and rewarding cardio workout incorporates coping skills and boosts self-confidence.
- ☑ **Yoga Healing for Veterans™**, a customized yoga practice based on Ashtanga yoga, provides improved fitness, flexibility training as well as a positive, calming effect.
- ☑ **P.O.W fitness** is a low-impact regimen which combines calisthenics, muscle memory drills and shadow boxing. Breathing techniques and coping skills are taught throughout.
- ☑ P.O.W coaches build **peer-to-peer support** into each and every fitness session. P.O.W's unique and effective peer-to-peer support system reinforces the training of the host facilities' onsite staff and is designed to support the individual beyond the VA environment. The P.O.W peer-to-peer support system includes exclusive access to the P.O.W Facebook page which provides a place to exchanges resources, job opportunities as well as requests for help and support. *Access to the P.O.W Facebook page is limited to P.O.W participants and alumni.*

The P.O.W Program can be customized to the unique needs of your organization.

Some options include:

- Two 50-minute onsite classes per month (one MMA-themed class and one *Yoga Healing for Veterans™ Class*) for up to 30 individuals led by P.O.W staff.
- Eight 50-minute onsite classes per month (weekly MMA-themed class and *Yoga Healing for Veterans™ Classes*) for up to 30 individuals.
- *Yoga Healing for Veterans™* only.
- Etc.

For more information, including on-site program costs, please contact:

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