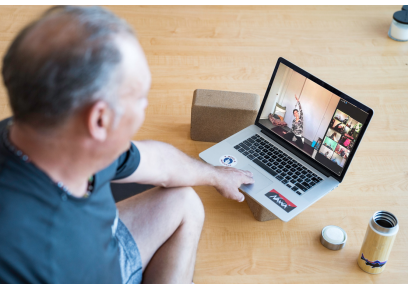




Empowering people with brain injury, concussion & caregivers to **build resilience and community** through **free**, research-backed programs.



Mindset Online

A 6-week online yoga, mindfulness, and education program to cultivate mental flexibility, physical strength, and positive thinking! Affinity groups for Veterans, BIPOC, Caregivers, Young Adults, and Chair Yoga.



Community Retreats

5-day immersions in nature-based retreat centers to discover community, mindfulness, movement, and nutrition for personal growth and healing.



Mindfulness Courses and Library

Leading source of TBI-specific mindfulness and yoga tools to train the mind-and even rewire the brain-for better focus, emotional health, and mental clarity.



Yoga and Mindfulness Trainings

Online, certification-level trainings for yoga teachers, health professionals, and people affected by brain injury to offer best practices in yoga, meditation, and resilience-based group facilitation for TBI.