



Adaptive Recreation Opportunities (ARO)
Veteran Programs
 2015 Summer

These programs are made available to veterans by a grant from the United States Department of Veterans Affairs (VA) for Veterans

Adaptive Sports Programs serving Disabled Veterans and disabled Members of the Armed Forces.

iRest Yoga Workshop

Learn about Integrative Restoration (iRest) Yoga Nidra and the benefits it can provide for PTSD. Experience a demonstration in iRest, hear from other vets and ask questions.

Cost:	FREE, Activity #302042-01
Day:	Saturday
Times:	10:00 AM– Noon
Dates:	June 6, 2015
Location:	Yoga Center of Fort Collins 210 East Oak Street
Facilitator:	Ena Burrud , Certified Yoga Therapist and iRest Teacher



**Integrative Restoration (iRest)
 Yoga Nidra Session**

Cost:	FREE , Activity # 302980-02
Days:	Thursdays
Times:	11:30 AM-12:45 PM
Dates:	I. June 11– July 16 II. July 23– Aug. 27 (6 wk sessions)
Location:	Yoga Center of Fort Collins 210 East Oak Street
Certified Yoga Therapist and iRest® Teacher	Ena Burrud , E-RYT 500 Treetopyogatherapy.com 970-484-0828 office



BRONZE MEDAL
 PARALYMPIC SPORT CLUB
 EXCELLENCE PROGRAM

Vet Archery

Instruction, fun and light competition!

Cost:	FREE, Activity #302389-01
Days:	Tuesdays
Times:	2:00-3:00 PM
Dates:	Session I: June 16-June 30 Session II: July 7– July 21
Location:	Rocky Mountain Archery 4518 Innovation Drive Fort Collins, Colorado
Instructor:	Stewart King , Level III Coach USA Archery Rockymountainarcheryfc.com



Participants must have an ARO participant information form on file and pre-register for the programs.

To register: Call 221-6353 or stop by the Sr. Center, Edora Pool and Ice Center, Northside Aztlan or Mulberry Pool.

Contact Renee Lee, CTRS at
rlee@fcgov.com or 970.224.6027 for more information.

The opinions, findings and conclusions stated herein are those of ARO's and do not necessarily reflect those of the VA.