**SOLDIER ON**

**CALL FOR NOMINATIONS MESSAGE INFO**

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|  | **Une version française est disponible sur demande** |
| Situation | Soldier On will be hosting 8 weekly sessions of Yoga Mindfulness and Meditation at the Canada Games Center starting on Sunday February 16th, 23rd, March 1st, 8th, 15th, 22nd, 29th, and April5th from 0900hrs until 1000hrs. Included in the sessions is 1 hours of instruction and a healthy snack after. This event is open to anyone in the Halifax/ Shearwater Geographical area. |
| Aim and Scope of Event | This activity will bring together both serving and retired ill/injured CAF members, allowing participants to connect through peer support and encourage a healthy and active lifestyle. Yoga, Mindfulness and Meditation. Yoga will be a practice for all fitness and ability levels. Participants will be guided through a practice that is based in movement and breath. They will learn names of poses and proper alignment. They will be encouraged to discover their limits and work within them; listening to their body each week. Mindfulness and Meditation will be discussions bringing about mindful awareness into everyday life. We will also discuss and explore different meditation practices. (Sitting meditation, walking meditation, body scans, etc.)**Benefits of Yoga and Meditation Classes:**Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration. |
| Method | 1. Each session will included 1 hour of instructor lead movements by our Service Provider;
2. Each session will conclude with the optional health snack and casual conversation amongst the group, with intention of create a network and support system for participants.
3. Assistance throughout the event will be provided courtesy of the instructor at the Canada Games Center.
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| Draft Schedule of Events | a. 0830hrs meet at the Canada Games Center (Halifax) Lobby - Sign Service Provider Waiver; - Retrieve Yoga Mat; - Welcome and introduction;b. 0900hrs - Instructionc. 1000hrs Health snack and conversation; andd. 1015hrs depart. |
| Participants | The number of Soldier On participants is limited to #20.1. Minimum eligibility criteria: Any serving member or veteran of the Canadian Armed Forces (CAF) from the Halifax / Shearwater Geographical area who acquired a permanent physical or mental health illness or injury while enrolled as a member of the CAF; whether attributable or not to service.
2. Serving Members: Medical clearance may be required by your chain of command.
3. Due to the fact that the event is in the Halifax / Shearwater Geographical area, travel assistance will not be provided;
4. Mental & Physical Requirements: Training will occur IAW MELs and be fully adaptive in nature.  Participants must be able to do 1 hour of light to moderate activity throughout the session. Participants will be joined with by a small group other ill/injured members, and therefore should be able to function in this type of environment. Participants will be advised that only a small snack at the end of the session will be provided.
5. Event specific criteria;

-This event is open to persons of all abilities and experience; - These sessions will require a variety of physical movements and be held indoors, and therefore persons need to dress appropriately- Should there be unfavourable weather conditions for participants and instructors travel sessions will be rescheduled.1. Deadline for Nomination Forms. Must be received by Soldier On NLT **31ST of January 2020**.
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| Confirmation details | Soldier On Ops will confirm in writing with the participants selected for this activity. An admin instruction will be issued prior to event; ensuring applicants are authorized to participate IAW applicable policies & eligibility criteria. |
| Contact Information | The Event OPI is the primary point of contact for all initial queries for this event. Nomination forms, further information about this event, and any questions about applying can be obtained from the Soldier On website [www.soldieron.ca](http://www.soldieron.ca)Event OPI, EILEEN DU PLOOY, SoldierOnNSNL-NENLSansLimites@forces.gc.caAll other inquiries can be directed to Soldier On HQ at soldieron-sanslimites@forces.gc.ca. |
| Conclusion | Yoga and Mindfulness is an event which will encourage ill/injured serving CAF personnel and veterans to develop new skills, engage with others while personally challenging themselves.  |
| For Action | Please canvass your region, CF Physical Rehab program, Reconditioning Manager and TC VAC LO (for retired pers), for any individuals who would be interested in participating.  Submit all nominations to Event OPI. Nominations must be listed in priority ranking order with first time Soldier On participants ranked higher than those who have attended previous camps. |