



Song of the Soul Yoga, LLC - Founder and Owner

OUR VISION: We envision a world where military service members and their families have the tools and support they need for healthy, resilient living before, during, and after their service, enhancing their own lives and the lives of those in the communities in which they live.

OUR MISSION: Song of the Soul Yoga (SOTS) provides accessible, trauma-informed, science-based yoga classes to the military community to enhance overall health and quality of life.

SOTS Yoga is a Denver Metro Area-based LLC that delivers yoga classes to help military personnel, their families and supporters develop resiliency in response to their life experience that may include post-traumatic stress.

SOTS Yoga offers in-person and zoom classes across Colorado and online, VFW Posts, military installations and wherever a community of veterans requests our services. We also offer weekly online live classes through Zoom.¹

Testimonials

"The online classes make it easy for me to get yoga, even when I don't have gas money." -Vietnam Veteran

"This experience is incredibly beneficial to my personal growth and healing as a combat veteran. Yoga has brought me peace, and I wish to share my love of yoga healing with the veteran community through teaching the practice, and introducing yoga into the lives of those around me."

-Scholarship recipient, Army combat veteran

"For a few years, I was experiencing debilitating housebound isolation due to my depression and PTS(D). Weeks would pass before I would have the courage to leave my house. After some time like this, I found my way into a Comeback Yoga class. It was exactly what I didn't know I needed." -Army Combat Veteran

"I did 3 tours of duty and haven't slept well in 7 years. I slept for 14 hours after your yoga class. I'll be back." -Golden VA Student

Mission

SOTS Yoga provides accessible, trauma-informed, science-based yoga classes to the military community to enhance overall health and quality of life.

Background Statement

SOTS Yoga supports Local and Nationwide military community using trauma informed yoga practices. Classes are based on yoga teaching methods developed using recent scientific research for the treatment of PTS(d). SOTS Yoga identifies experienced yoga instructor and facilitates teaching yoga to the veteran population. Classes are weekly, currently taught across the state of Colorado reaching veterans, active duty service members, family and supporters and healthcare providers. Our live streaming class reach all United States audience.

Yoga as a sustainable, effective adjunctive treatment for veterans with PTS is becoming more and more widely accepted, especially since the pandemic. Yoga is offered to active duty personnel deployed worldwide through online classes and SOTS Yoga is leading the way locally in deploying science-based appropriate yoga classes to the military community. We network with other programs nationwide to bring best practices to our program as well as export our learnings to others.

The statistics are staggering -- war weary veterans coming home with difficult mental health issues that negatively impact them and their communities. We believe Comeback Yoga can be part of an effective and sustainable solution for a healthier community.

Fee Structure:

- Online 6 week Trauma Informed Yoga series (1 class per week)

Kind regards,
Aly Spencer
Founder and Owner, Instructor, Song of the Soul Yoga