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DELMARVA VETERAN BUILDERS RELIEVE STRESS AND STRAIN THROUGH YOGA FOR WARRIORS PROGRAM

SALISBURY, Md. – May 11, 2015 – Delmarva Veteran Builders employees aren't letting stress get the best of them. They are reducing it while rejuvenating their body and mind with yoga. When approached to participate in a "Yoga for Warriors" program, DVB president Chris Eccleston didn't have to give it much thought. He knew it would be a great opportunity to give his team something they deserved.

"Yoga is very beneficial for active duty military and veterans because it helps alleviate symptoms of combat stress (COSR) and post-traumatic stress disorder (PTSD)," said Jeri Miller, 200 Registered Yoga Teacher and ACE certified personal trainer. "Yoga has been scientifically proven to increase the level of resilience in people working in high stress environments. This includes military, first responders, fire fighters, police officers and their family members."

Four DVB staff members attended their first Yoga class together as a group this month and plan to go back for more.

"The class made me realize there are things I can do to become more limber," said Lee Beauchamp, Delmarva Veteran Builders, vice president. "Yoga isn't for sissies. It took a lot of balance and strength to hold some of the positions. It was challenging yet relaxing and leveled me out the rest of the evening. Overall a good experience."

"I am grateful that Jeri reached out to me to see if we would be interested in trying something new," said Chris Eccleston, Delmarva Veteran Builders, president. "I have a staff member who recently returned from active duty and another employee who served in Iraq and Afghanistan twice. He joined right after 9/11. It is very important to me to provide opportunities for our local Veterans. Employment is one but even before that - helping them maintain their health and well-being is a top priority."

"The DVB team is doing great," added Miller. "I see wonderful changes already with only three sessions in so far. I am thrilled to help them and look forward to adding more to this beneficial program. We are definitely accomplishing a lot."

For more information, visit www.delmarvaveteranbuilders.com.

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