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Generation Regeneration

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June 02nd 2015: Help for vets with PTSD...Introducing Warriors for Healing

Help for veterans with PTSD...Introducing Warriors for Healing (W4H) will feature founder Bhava Ram. Bhava first appeared on Gen R on 1/27/15 and briefly introduced his new non-profit, W4H. During this show, we will get into more detail regarding the causes of PTSD and how yoga can help. We will also invite you to join the movement! The mission of W4H is to spread awareness about the transformational science of yoga and its effectiveness in combating stress and PTSD, which they do by holding major events throughout the year. In addition, W4H, with their foundation partner Give Back Yoga Found

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Featured Guest



Bhava Ram

Bhava Ram (aka Brad Willis) is a former NBC News war correspondent who worked throughout the world, including the Middle East, Africa, South America and Asia. A broken back and failed surgery ended his career. Then came a diagnosis of stage four cancer. He healed himself through the sciences of Yoga and Ayurveda and now devotes his life to sharing the miracle of self-healing, believing that we all have the inherent power to take charge of our destiny and heal ourselves. Bhava is the cofounder of the Deep Yoga School of Healing Arts, and founder of Warriors for Healing, a foundation dedicated to supporting our veterans. He authored 3 books: acclaimed memoir Warrior Pose, How Yoga Literally

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