

# Shoseian "Whispering Pine" Teahouse

Brand Park 1601 West Mountain St., Glendale, CA 91201

## MIKAL VEGA



## VITAL WARRIOR.ORG

Mikal Vega has a most interesting life story to share with us....

Looking for direction at age 17, Mikal decided to join the Navy and spent 22 years there. The first eight years was doing explosive ordnance disposal (E.O.D). From there, he transitioned into Naval Special Warfare and became a SEAL spending the next 14 years fighting the war on terror in the Middle East with SEAL Team 8.

The stressors of service and the effects of war began to impact his life severely and after experimenting with many different modalities, the method and system that was most effective for him was the science of Kundalini Yoga. Through the systematic use of postures, breathing, and tonal vibrations his body, mind and spirit began to heal. Mikal took what he learned and benefited from, and created VitalWarrior.org., a non-profit organization to share his knowledge and experience with others.

This is our first effort at the Shoseian Tea House to reach out to veterans and first responders to help them deal with the stress that comes with their jobs. The Japanese Garden at the Shoseian Tea House in Glendale's Brand Park will be the perfect setting for this event.

This is a special invitation to join us in the Japanese Friendship Garden in Brand Park in Glendale to hear his story and be guided in a healing session of Kundalini Yoga.

**When: Sunday, Aug. 21, 2022 11 AM – 1 PM.**

**Where: The Shoseian Tea House and Friendship Garden – 1601 W. Mountain St. Glendale, CA 91201**

**(This is inside Brand Park) Parking can be tight inside the park. Be prepared to park in the neighborhood and walk in. Entrance is FREE – Pre-Registration is required (so we know how many chairs to provide!).**

**RSVP to: Michael Belzer - mpbelzer@gmail.com 310-849-5432 – cell**

