

The Yoga of 12-Step Recovery

The Yoga of 12-Step Recovery presents understanding and application of the symbiotic relationship of yoga and 12-step programs. It creates a rich and powerful learning environment that inspires compassionate awareness, healing and change.

In the Yoga of 12-Step Recovery we:

- Explore the sources of addictive behavior
- Investigate yogic and 12-step principles as a foundation of recovery
- Discover sustainable ways for self-regulation that enhance physical, mental and spiritual well-being.
- Learn how to use the tools and practice of yoga to support recovery and avoid pitfall and traps

The Yoga of 12-Step recovery is for anyone working with addictive behaviors or affected by those behaviors in others. It will deepen any work you may be currently doing or jumpstart your journey of self -discovery.

Date: Sept. 17 - 19

Fri: 5:30 - 8:30p

Sat: 10a - 6p

Sun: 10a - 2p

Cost: \$195 before Sept. 1

\$220 after



The husband and wife team of Nikki Myers and Nate Rush developed the Yoga of 12-Step Recovery in 2004.

Nikki is an accomplished yoga therapist, teacher and practitioner. She is the owner of CITYOGA School of Yoga and Health in Indianapolis, IN. From her personal struggles with addiction, Nikki is quick to tell the world, 'The 12-step program and Yoga saved my life - one is my lifeboat, the other my launching pad'.

Nate found recovery after 26 years of injection drug and alcohol use. Now with more than 18 years of recovery, he serves as the Executive Director of The Bethlehem House, an organization which serves individuals whose lives are impacted with substance abuse, mental illness, cognitive impairments, and HIV/AIDS.

The Yoga of 12-Step Recovery has been featured In Yoga Journal and the New York Times.

Host: Savannah Yoga Center

1319 Bull Street, Savannah, GA 31401

www.savannahyoga.com

Kelley@savannahyoga.com

912.232.2994