

Meeting Format

Welcome to the _____ Y12SR (Yoga and 12-Step Recovery) Meeting! Y12SR is a 12-step based discussion and yoga practice open to anyone and everyone dealing with their own addictive behavior or affected by the addictive behavior of others. This is an open and inclusive group. All A's are welcome.

In this group, we weave together the ancient wisdom of yoga and the practical tools of 12-step programs. We recognize that the 'issues live in our tissues' and through our intentional, themed yoga practice, guided by our breath, we invoke the God of our understanding to help us release whatever is held.

This group is in no way a replacement for 12-step meetings, a sponsor, or any other part of a 12-step recovery program. It is an adjunct providing what we believe is another helpful tool in addressing the physical, mental and spiritual dis-ease of addiction.

Our sharing and practice are based in the 12-Steps. Just as the practices of yoga help bring us into right alignment. The 12 steps help bring us into right alignment with something greater than ourselves. The analogy used in Y12SR is that as humans we are a vessel.

Addiction turns our vessel upside down.

Steps 1 - 3 help turn the vessel right side up. Steps 1 - 3 are:

1. We admitted we were powerless over our addiction and that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Decided to turn our will and our lives over to the care of God as we understood God.

Once the vessel is right side up, steps 4 - 9 help prepare the vessel for sail.

Steps 4 - 9 are:

4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

With Steps 10 - 12 we set sail on the spiritual voyage. Steps 10 - 12 are:

10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

Ground Rules

***The Twelve Steps of Alcoholics Anonymous have been adapted with the permission of A.A. World Services, Inc. ("A.A.W.S."). Permission to adapt the Twelve Steps does not mean that A.A. is affiliated with this program. A.A. is a program of recovery from alcoholism only - use of A.A.'s Steps or an adapted version about programs and activities which are patterned after A.A., but which address other problems, or use in any other non-A.A. context, does not imply otherwise.*

We will now read our meeting Ground Rules. The purpose of the Ground Rules is to keep the meeting safe for all attending. With that as the abiding purpose, it may be necessary from time-to-time for the meeting space holder to stop the sharing to call a ground rule break.

1. Creating sacred space is the foundation of the group. For that reason, what goes on here stays here. Feel free to share your insights or experiences, but please don't share names.
2. Please speak from your own experience, strength and hope. The practices of yoga and the 12-steps recognize that 'this is an inside job'. Resist the tendency to fix, manage, advise, control.
3. Our group requests that we refrain from cross talk. We define cross talk as directly addressing another member with your comments, giving advice or trying to problem-solve for someone else. We encourage all to share their personal experience, strength, and hope or similar struggle on the topic. In this way, we model detachment and participate in a loving interchange and keep the meeting safe for all attending.
4. The person speaking is the speaker. Please practice active listening as the speaker shares. When complete, the speaker will signal that their sharing is complete.
5. Part of sharing is sharing time. Please limit your sharing to 3 - 5 minutes so that all may have a chance to share. After 60 minutes of sharing, we 'take it to the mat'. Before our sharing time is complete, we open the floor for burning desires. A burning desire is a pressing need to share.
6. This is a donation-based class. The bowl on the table is for donations. Proceeds are given to _____. This organization provides _____ with the money we donate.
7. And...finally, I would like to introduce you to today's Breath Guide. (Ask for volunteer). Our Breath Guide leads us in grounding and deep breathing after each person shares. ("Let's root and ground and take a deep breath with _____ (person's name).

Is there anyone new to Y12SR that would like to be recognized? If so, please give us your first name. Are there any Y12SR announcements? Is anyone celebrating a significant period of recovery that they would like to share with the group?

The Space Is Now Open....Does anyone have a topic, problem or serenity threatening issue there would like to hear the group share about?