



Join the movement.



The Yoga of 12-Step Recovery  
The issues live in our tissues.



Modeled from the meetings of 12-step programs, the Yoga of 12-Step Recovery is a group-sharing circle followed by a intentional, themed yoga class.



The 12-step program approaches addiction at a cognitive level, yoga includes a somatic approach. The combining of the two creates a model that truly addresses addiction as the physical, mental and spiritual disease that it is.



Yoga of 12-Step Recovery recognizes that yoga and its practices are a part of a holistic recovery program and rather than a replacement, it provides adjunct tools to address the physical, mental and spiritual disease of addiction.

*“The 12-Step program and yoga saved my life – one is my lifeboat, the other my launching pad.”*

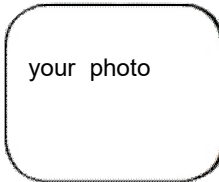
-Nikki Myers, founder Y12SR



post card front



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*“The issues live in our tissues.”*

room in bottom left for individual meetings



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