



The statistics are staggering. Reports indicate that as many as 1 in 3 suffer from some type of addiction disorder. It's a multi-faceted condition with many forms affecting people of all ages, backgrounds and socio-economic status. Along with the addict, addiction affects families, friends and society. It is an equal opportunity destroyer.

## what we are:

In a word, addiction could be described as 'separation'. Addictive behaviors separate and disconnect us from ourselves, our loved ones, our environment and so much more. Conversely, yoga means union, integration, balance. Yoga and its practices teach us tools to balance our lives while living in a complex world. The 12-step recovery model, created in 1935, is the most well-known and pervasive addiction recovery program in the world with millions of practitioners. It approaches addiction from a cognitive perspective, while yoga includes a somatic approach. The combining of the two creates a model that addresses addiction as the physical, mental and spiritual dis-ease that it is. Y12SR recognizes that 'the issues live in the 'tissues' and introduces yoga philosophy and its practices as an integral part of a sustainable relapse prevention program. Y12SR has 4 components:

- The Y12SR On-going Classes
- The Y12SR Intensive
- The Y12SR Leadership Training
- Breaking Barriers: Transforming the Samskara of Codependency

## On-going classes

Modeled from the meetings of 12-step programs, Y12SR is a group sharing circle coupled with a intentional, themed trauma-informed yoga practice. Y12SR meetings are open for anyone dealing with their own addictive behaviors or affected by those behaviors in others. Y12SR deepens any work participants may be currently doing or jumpstart the journey of self -discovery.

## The Intensive

In the Y12SR Intensive 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 practices of yoga to support recovery

The Y12SR Intensive is a 14 hour workshop that focuses on 'understanding and application' of both yoga and 12-step principles. The Intensive is designed for 12 step practitioners or those interested in understanding the 12-step program and its symbiotic relationship with yoga.

## The Leadership Training

The Y12SR Leadership Training is a 20 hour course that gives participants the tools to bring weekly Y12SR classes back to their home communities. Because of this work there are now hundreds of Y12SR meetings regularly held in the United States and internationally. Both the Intensive and Leadership training courses are required to become a fully certified Y12SR Leader. The 2 trainings training are also offered in a combined format. Participants learn to:

- Create safe, sacred, inclusive space that welcomes everyone dealing with their own addictive behavior or are affected by the addictive behavior of others.
- Recognize the symptoms of unresolved trauma, and a nervous system dys-regulation.
- Use yoga and its practices to provide relapse prevention tools and sustainable ways for managing internal states.
- Recognize the traps of projection, transference, countertransference, boundary violation, spiritual bypass/arrogance.
- Work collaboratively within the group setting and with institutions.
- Develop a network of professionals including trauma experts and others in the addiction/recovery treatment field.

## Breaking Barriers

*Transforming the Samskara of Codependency:* Codependence has been described as ‘the addiction to look elsewhere.’ It’s the belief that something outside of ourselves; people, places, things, behaviors or experiences, can give us fulfillment and joy. This is not only the most common addiction, it is the base out of which all other addictions and compulsions arise. This 14-hour workshop examines the roots of codependency and presents tools for healing through a process of awareness, self-love and creativity.

## Founder:

*R. “Nikki” Myers, E-RYT500, MBA, Yoga Therapist, Somatic Experiencing Practitioner, Founder of CITYOGA School of Yoga and Health, Certified Recovery Specialist*



An accomplished teacher and practitioner, Nikki Myers is a Yoga Therapist, Somatic Experiencing Practitioner, Certified Addictions Recovery Specialist and MBA. Born from her personal struggle with addiction, Nikki is the founder of Y12SR: The Yoga of 12-Step Recovery.

Based in its theme ‘the issues live in the tissues,’ Y12SR is a relapse prevention program that weaves the art & science of yoga with the practical tools of 12-step programs. Y12SR meetings are now available all over the United States and the curriculum is rapidly becoming a feature of addiction recovery treatment centers.

Nikki’s work has been featured in the New York Times, Yoga Journal, Black Enterprise, The Huffington Post, Origin Magazine and more. She is honored to be a co-founder of the annual Yoga, Meditation and Recovery Conferences at Esalen Institute and Kripalu Center.



**YOGA OF 12-STEP RECOVERY**  
**Y12SR**

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