



# YOGA OF 12-STEP RECOVERY

# Y12SR

## General info:

Age\_\_ Male \_\_ Female\_\_

I have done yoga yes\_\_ no\_\_ Circle Number of times: 0 1 2 More than 3 Returned

## Before you do yoga take this pre-test

How do you feel right now...in your mind, emotions and body?

Take an inventory, like taking your temperature of "how you feel right now."

\*First, write 2 words that describe you at this moment. \_\_\_\_\_

Next, put an X on the number after each statement that describes how you feel right now.

If you strongly agree put an X on 3. If you agree put an X on 2. If you strongly disagree put an X on 1.

	Strongly Agree	Agree	Strongly disagree
A) I feel focused.	3	2	1
B) I feel I can learn something new.	3	2	1
C) I feel that if I try I can reach a new goal.	3	2	1
D) I feel that I have a positive attitude.	3	2	1
E) I feel in control of some aspects in my life.	3	2	1
F) I feel like I can deal with people well.	3	2	1
G) I feel relaxed, calm, at peace.	3	2	1
H) I feel happy.	3	2	1
I) I feel hopeful.	3	2	1
J) I feel that my body is healthy.	3	2	1
K) I feel that my mind is calm.	3	2	1
L) I feel that my body is flexible.	3	2	1
M) I feel my breathing is controlled, focused & helpful.	3	2	1
N) I respect my body.	3	2	1
O) Overall I feel good.	3	2	1



# After you do yoga take this post-test



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M) I feel my breathing is controlled, focused & helpful.	3	2	1
N) I respect my body.	3	2	1
O) Overall I feel good.	3	2	1
P) I would like to do Y12SR again	3	2	1

1 Yes\_\_\_ No\_\_\_ I think that Y12SR will help support recovery. If you x yes please explain how.

2. Describe your experience in participating in Y12SR today.

3. I think the biggest challenges in maintaining recovery are:

4. Yes\_\_\_ No\_\_\_ I will tell other people about Y12SR.