

Y12SR Meeting Format

Welcome to the ___(day/time)___ Y12SR (Yoga and 12-Step Recovery) Meeting! My name is _____ and I am _____. 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 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. Made a decision 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 others who may be suffering and to practice these principles in all our affairs.

**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 in connection with 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 group agreements and sharing guidelines. The purpose of this is to keep the meeting open and 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. Our group request that we refrain from crosstalk. We define cross talk as directly addressing another member with your comments, advice giving,

compliments, feedback, referring directly to someone else's share 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.

3. Please feel free to share openly and honestly knowing that in this meeting, each person may share feelings and perceptions without fear of judgment. We accept without comment what others say because it is true for them. We work toward taking more responsibility in our lives rather than giving advice to others. We present statements in the "I", first-person, form.
4. During our meeting, we don't touch, hug or attempt to comfort others when they become emotional. If someone begins to cry during a meeting, we allow the person to their **feelings without interruption**. There are tissues in the room, please allow the person to request them if they need them. In these meetings, we are learning to take care of ourselves. We support others by accepting them into our meetings and listening to them. We allow them to feel their feelings in peace.
5. Part of sharing is sharing time. Please limited your sharing to 4 (?) 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.

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.

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** _____ (persons 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.