

Y12SR Online Meeting Format - March 2020

Hello, My name is (_____). (Qualify if desired)

Welcome to the ____(day/time)___ Y12SR (Yoga of 12-Step Recovery) Meeting- 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. We might broadly define addiction as “any behavior one continues to engage in despite negative consequences.”

This is an open and inclusive group. All A’s, all fellowships and recovery paths are welcome. **Once in the meeting room, please “mute” your microphone. You are welcome to turn your video off or on as you wish. You can do that using the tabs on your screen or phone.**

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 or Love**) 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 metaphor 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. We came to believe that a power greater than ourselves could restore us to sanity.

Y12SR Online Meeting Format - March 2020

3. We made a decision to turn our will and our lives over to the care of **(God or Love)** as we understood **(God or Love)**

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

4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to **(God or Love)**, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have **(God or Love)** remove all these defects of character.
7. We humbly asked **(God or Love)** to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We 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. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with **(God or Love)**, as we understood **(God or Love)**, praying only for knowledge of **(God's or Love'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 those who still suffer from addiction and to practice these principles in all our affairs.

Community Agreements:

We will now read our group agreements and sharing guidelines. These community agreements help us to keep the meeting open and safe. We

Y12SR Online Meeting Format - March 2020

commit to them as part of our spiritual practice. To uphold the sanctity of the space it may be necessary for the meeting spaceholder to remind the group about our community agreements or stop the sharing to call an agreement break.

1. To create sacred trust, we agree to honor confidentiality. We may share our insights or experiences, but we don't share names.
2. We share from our own experience, strength and hope. Please share in the "I", first-person, form. Feel free to share openly and honestly knowing that in this space each person may share feelings and perceptions without fear of judgment. We accept what others say without comment - because we know it is true for them. We recognize that any recovery process is an "inside job," so we resist the tendency to fix, manage, advise, and control.
3. We refrain from cross talk. 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 loving, respectful detachment, participate in loving interchange and keep the meeting safe for all.
4. In our meetings we support others by practicing active listening. We don't console or comfort when others become emotional, rather we allow the person to feel their feelings without interruption. We support others by through acceptance, listening and allowing them to feel their feelings in peace. We work toward taking more responsibility in our own lives rather than giving advice to others.
5. We ask the speaker, when finished, to signal that their sharing is complete. We ask for a volunteer to serve as a breath guide to lead us in rooting, grounding, and deep breathing after each person shares.
****Ask for volunteer to be Breath Guide****
6. We each limit sharing to (2-3) minutes so that all will have the opportunity to share. At the 3 minute mark you will hear the sound of

Y12SR Online Meeting Format - March 2020

a timer as a reminder to wrap up the share. ******Ask for Timekeeper****** To speak in this meeting please 'raise your hand'. **Once recognized by the space holder please "unmute" your mic and begin speaking, muting it again when finished.** The last five minutes of sharing time is for burning desires. A burning desire is a pressing need to share anything that will support your recovery. After about (____) minutes of sharing, we will have about a (____) minute integrated practice that includes chair, standing, and/or mat-based asana, pranayama and meditation. *You may opt to turn off your camera at this time. In order to see better, you might choose the "full screen" option.*

7. We have chosen to offer the chat box in Zoom to type in links to organizations serving those in recovery that our meeting might support. We ask members to give what they feel is appropriate, keeping Y12SR focused in *seva*, or service, paying our recovery forward. Remember: we can't keep what we have without giving it away.

Is there anyone new to Y12SR? Please introduce yourself so we can welcome you. *(For large meetings, intros can be done into the chat box.)*

Is there anyone celebrating a significant period of recovery that they would like to share with the group?

The space is now open. Our topic is _____

At the end of the meeting:

Are there any Y12SR related announcements? We'll now close our meeting. Thank you! We'll take this time to remind the group that we have committed to honor confidentiality. Who's here, and what is shared- let it remain here. For those of you willing, let's join together in the "We" version of the Serenity Prayer.