YOGA FOR ADDICTION & RECOVERY
Session # 2137
Presented by: Christine Yanke E-RYT 200, EYT-500

In this workshop, we'll look at:
➔ What we associate the word "addiction" with and how there are many disorders that might be considered behavioural patterns, sometimes called process addictions
➔ Themes in addiction and recovery
➔ Why do some people become addicted while others do not?
➔ Challenges in early recovery
➔ Results of a Study where yoga was added into a treatment program—"A Naturalistic Evaluation of an Adjunctive Yoga Program for Women with Substance Disorders in Inpatient Treatment" *(https://journals.sagepub.com/doi/10.1177/11782218211026651)*

The practice of Yoga helps move the person from contemplation into action. The actual practice of yoga poses and meditation can allow anyone to connect to their higher consciousness, to a higher power, or seek something bigger than themselves.

Beyond the physical practice, however, yoga will lead to peace. It does this with an invitation to pursue a path of unity, bringing body, mind, and spirit together in the quest to find your awakened self.

The Key Elements of a YogaFit & Addiction Recovery Practice:
➔ *YogaFit Essence*– Breathe, Feel, Listen to our bodies, Letting go of expectation, judgement, and competition, Staying in the present moment
➔ *3 Mountain Format* - Safety
➔ *Vinyasa Flow*- Finding rhythm
➔ *Seven principles of alignment*- Embodiment
➔ *Transformation Language*- Connection

Addiction and Recovery Class Structure

A trauma-informed yoga class is designed for helping people with addiction and starts off with Breathing practice and a Chakra awakening series. Following that is a traditional YogaFit for Warrior Program style vinyasa class.

(https://www.yogafit.com/ca/teacher-training/YogaFit-for-Warriors-PTSD/)

NOTES:

For Information on trainings:
www.yogafit.com

Use coupon code EXPO25 between August 10th-22nd to register for a yoga training.