

Y12SR with Laura Stine

What to Expect

Yoga 12 step recovery is a support group that will help addicts and family members to grow and learn from each other. It is not a substitute for meetings or therapy with counselors that you may already be attending. Anyone is welcome. Understand that there are all sorts of addictions. This is a safe space to share, reflect, and do mental and physical work that is necessary during recovery.

Community Guidelines

I will share an introduction of myself and read the 12 steps. I will also be sharing a copy of our guidelines with everyone which will help us create and maintain a peaceful space of mutual respect.

Share

Each week there will be a theme. I will read from a variety of books including “The Courage to Change - One Day at a Time in Al-Anon and “Meditation on the Mat” by Rolf Gates. Everyone will have a chance to share something related to the topic if they choose.

Yoga

We will have 30-45 min of yoga practice in order to release the “Issues in our Tissues”. During this time, I will also infuse the 12 steps and breath work.

Keep Coming Back

We encourage each other to “Keep Coming Back” through Gratitude, Intention, and Service. This does not only mean coming to our Y12SR meeting but to show up in life off the mat with these three values as well.

Please come join us! You do not have to sign up or register. You do not have to commit to coming each week. Please do your best to keep what is shared in our meetings in your hearts.