

ADDICTION & RECOVERY YOGA CLASSES

FRIDAY EVENINGS

6:30-7:30 • Sober Yogi Hour

7:30-8:30 • "Life is Good" Discussion



A special one-hour yoga class is followed by "LIFE IS GOOD", a Discussion Meeting about all the positive aspects of sobriety in your life today versus the negative aspects when we were using. Class will be taught by Rob Hawkins, a 200 hr. CYT who is also a recovering alcoholic since 1995. Rob's classes will weave together yoga and whole foods living along with the practical tools of the 12 step programs to help people dealing with their own addictive behavior. This is a donation class, suggested minimum \$5.

FOR SOBER YOGIS ONLY.



ROOTS OF RECOVERY

SATURDAYS 11am-12:15pm

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, taught by Jen McCarter, a 200 hr. CYT and Certified Teacher of Rolf Gates and recovering alcoholic. Jen will offer a slow flow yoga class to bring you into the moment and stay present with elements of yin yoga and mindfulness meditation. Drop-in class is \$13 or purchase Soul Stretch class passes.

OPEN TO ALL.