

Download Healing Addiction With Yoga A Yoga Program For People In 12 Step Recovery

Healing Addiction with Yoga: A Yoga Program for People in 12-Step Recovery [Annalisa Cunningham] on Amazon.com. *FREE* shipping on qualifying offers. Especially oriented toward those in 12-step programs, this comprehensive wellness guide describes how yoga can stimulate recovery from addiction by bringing the mind and body closer together. The supportive and understanding text presents a 21 ...Y12SR “connects the dots” between the ancient wisdom of yoga, the practical tools of 12-step programs, and the latest research on trauma healing and neurobiology. As part of a holistic recovery program, it works in tandem with traditional treatment to address the physical, mental and spiritual disease of addiction. Explore an addiction recovery model that connects the dots between the ancient wisdom of yoga, neuroscience breakthroughs, and the practical tools of 12-step programs. With this course, take the first step toward becoming Y12SR certified and promoting healing and recovery in your community. Break the Cycle: How Yoga and Meditation Can Help Heal Addiction ... a Kripalu Senior Life Coach and Kripalu Yoga teacher who teaches Yoga and Recovery: 12-Step Spirituality, says that the complementary relationship between the Twelve Steps and yoga is a perfect marriage for healing. “Addiction is the ultimate checking out of the moment ...