



Y12SR

THE YOGA OF 12-STEP RECOVERY

INTENSIVE

WITH NIKKI MYERS

The Yoga of 12-Step Recovery (Y12SR) Intensive is a weekend workshop for those interested in deepening 'understanding and application' of the 12-step program and its symbiotic relationship with yoga. The intensive focuses on the 'understanding and application' of both yoga and the 12-steps.

IN THE YOGA OF 12-STEP RECOVERY INTENSIVE WE:

- ▶ Explore the sources of addictive behavior
- ▶ Investigate yogic and 12-step principles as a foundation of recovery
- ▶ Discover sustainable ways for self-regulation that enhance physical, mental and spiritual well-being.
- ▶ Learn how to use the tools and practices of yoga to support recovery and avoid pitfalls and traps

**FRIDAY - SUNDAY:
MARCH 16-18**

Fri 6-9pm

Sat 10:30-5:30p

Sun-9-2

**COST:
\$250 / \$225 BEFORE 3/1**

The Yoga of 12-Step recovery is for anyone working with addictive behaviors or affected by those behaviors in others. It will deepen any work you may be currently doing or jumpstart your journey of self -discovery.



NIKKI MYERS

Nikki is an accomplished yoga therapist, teacher and practitioner. She is the founder and co-owner of CITYOGA School of Yoga and Health in Indianapolis, IN. From her personal struggles with addiction, Nikki is quick to tell the world, 'The 12-step program and Yoga saved my life - one is my lifeboat, the other my launching pad'.

www.y12sr.com



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Y12SR[®]
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