

YOGA FOR RECOVERY

Sundays 11:15AM-12:15PM



“Stillness is not the absence or negation of energy, life, or movement. Stillness is dynamic. It is unconflicted movement, life in harmony with itself, skill in action. It can be experienced whenever there is total, uninhibited, unconflicted participation in the moment you are in- when you are wholeheartedly present with whatever you are doing.” Erich Schiffman from *Yoga-The Spirit and Practice of Moving into Stillness*

What is Yoga for Recovery? All yoga is recovery. Recovery from the daily stress of life, relationship problems, family issues, emotional problems, and spiritual emptiness are the parts of our being that yoga touches. But yoga can and has dealt with specific recovery problems such as drug addiction, alcoholism, overeating and any other form of addiction.

In my practice I start with a specific reading geared towards recovery. So if you are in need of recovery you will benefit from the themes presented here. We then move through pranayama (breathing exercises and meditation) focusing on the particular theme for that practice. This is followed by a relevant asana (poses) practice which concludes in Savasana and final relaxation. You will leave energized and focused on taking recovery concepts off the mat and into your daily life. You will learn to bring the quality of stillness to all of your relationships and be present in each breath you take. Peace- Mark Garner