

# Yoga For Recovery

Starting Wednesday, June 1<sup>st</sup> at

The Cometa Wellness Center – Cockeysville, MD

“A Still Mind is a Sober Mind”

Recovery asks us to live our lives one day at a time. Those in recovery from alcohol, drugs, overeating, gambling or any condition which masks our true selves know that one minute at a time can be challenging.

Yoga beckons us to be present in the moment—in the here and now. It asks only that we accept ourselves, as we are, at the cellular level. If we can dig below the surface of our skin we can reconnect with the person we left behind in addiction. We can slowly unravel the awesomeness of who we have been all along and who we will blossom into by using all the tools available if we know where to look.

I invite you to join me in a unique style of yoga created for those in recovery. Each class will explore an aspect of the healing process from addiction. Prepare to be energized as we explore the twelve steps, the yamas and niyamas, The Bhagavita, The Yoga Sutras and so much more. Cleanse your body, invigorate your soul, and awaken your recovery!

**Class Times** - Wednesdays 7:30 AM – 8:30 AM

Sundays 8:00 AM – 9:00 AM

Cost: \$5.00 for first class/\$15.00 drop in/\$50.00 for a 5 class pass

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