



Yoga, Ayurveda and the 12-Step Programs

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What is Yoga and what are its benefits?

The **physical** aspects of yoga (asana) have evolved over time from what began as an integral part of a comprehensive spiritual practice oriented toward purification, accomplishment, and realization.

Whether or not we are on the path to achieving our highest spiritual potential, asana practice, in and of itself, promotes structural stability, physiological immunity, and emotional health. A structurally, proper practice will promote stability, strength, flexibility, skeletal alignment, and mechanical freedom.

Physiologically, proper practice will balance neurological and hormonal activity, strengthen cardiovascular and respiratory functioning, improve absorption of nutrients and elimination of waste, and strengthen the body's ability to resist and even overcome chronic disease including recovery from addictive and other harmful behaviors.

Emotionally, proper practice will increase our self-confidence, our tolerance for those different than us, our compassion for the suffering of ourselves and that of others, our capacity to withstand change, and our appreciation for the gift of life.

The goal of a healthy yoga practice is the ability to take full responsibility for being a healthy human being in the context of our personal, social, and physical environment while at the same time being relaxed and at peace in our body, mind, and heart. A healthy yoga practice involves learning to bring full attention to the practice while at the same time providing a comfortable resting place for God or the Higher Power of your choosing.

The essential qualities of a well designed asana session contain the qualities that will allow a person to be conscious, alert, present, firm and stable while at the same time being relaxed, comfortable, at ease and without pain or agitation.

What is Ayurveda?

Ayurveda is based on the yogic principals and is the most ancient and complete form of healing and well being known to man. It recognizes the role of consciousness as the prime factor in our well-being.

- . It is the science of self-healing aimed at relieving the diseases of body and mind- concerned with restoring wholeness, with our inner Self as it's ultimate goal, which is spiritual healing.

- . Its concern is alleviating both bodily and mental diseases and promoting both physical and psychological well-being.
- . It employs customized prescriptions for lifestyle regimens

The techniques of Ayurveda leave no stone unturned in helping you to realize your best self through custom designed programs based on your “true nature” that focus on diet, lifestyle and other healthy practices including the art and science of yoga. It’s all about empowering you to engineer a lifestyle that is going to support your best possible body, mind and spirit; from the inside out.

The Yoga of Recovery is a life changing program that does not see Yoga, Ayurveda and the 12 Step Programs as mutually exclusive.



Yoga and Ayurveda together are all about empowering you to create a lifestyle that is going to support your best efforts toward achieving your best possible health while encouraging you to fully engage in your 12-steps toward recovery. The results of yogic and Ayurvedic practices may include less visits to the doctor, fewer medications and less harmful diseases over your lifetime.

Kimberly is the proprietor of Out Back Yoga Integrative Healing Arts Center in Chatsworth where she has shared the art and practice of yoga and yoga as therapy for 15 years. She is a Certified Viniyoga Teacher and yoga therapist, Ayurvedic Health Practitioner (AHP) graduated from the California College of Ayurveda. In addition, she has completed certification courses with Dr. Vasant Lad at the Ayurvedic Institute in New Mexico in the area of Clinical Ayurvedic Practices. She is a certified Yoga of Recovery Counselor® receiving extended and continuing training in the field of Yoga of Recovery® with Clinical Ayurvedic Specialist, Katherine O'Neil, using Ayurveda and Yoga in the treatment of addictive patterns of behavior.

**Call or write to receive more information
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