

The Yoga of Recovery



Yoga of Recovery (YOR) is a retreat integrating the wisdom of Yoga and Ayurveda with the tools of 12-Step Recovery. It is open to all who are looking to overcome self-destructive or addictive tendencies.

For those familiar with any 12-Step Program, the most remarkable aspect of these is the fact that only the first of the twelve steps makes any mention of the addictive substance or act. Sobriety/abstinence is described as a “daily reprieve contingent on the maintenance of our spiritual condition”. Our opportunity for genuine spiritual fulfillment is strengthened when we weave together the ancient wisdom of Yoga and Ayurveda with the practical tools of recovery programs. Together they offer us a truly empowering personal program of recovery. 12-Step Programs also recommend an “occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation”. Yoga of Recovery offers retreats in beautiful, peaceful locations where you can relax, recover, and rejuvenate.

12-Step programs propose a spiritual remedy and do not offer much advice for the physical dimension of healing from addiction. One very important aspect of this is Hatha yoga – the asanas and breathing exercises. During the retreat you will practice yogic physical exercises – asanas (suitable for all levels) along with Pranayama (breathing exercises) and conscious relaxation. All this helps to develop not only the body, but also to broaden the mental faculties and spiritual capacities. Yoga exercises improve the health of the spine and aid the proper function of the internal organs. They also work on the nervous system and the endocrine system (glands and hormones) therefore restoring health and balance to the entire system.

This retreat deepens that still further with Ayurveda, the medical/holistic healing, sister science of yoga. Ayurveda works at healing and purifying the body and mind; giving practical advice on diet and lifestyle adjustments needed to live in harmony with your environment (both internal and external). In this retreat you can learn your Ayurvedic Constitution. This knowledge can be of great benefit in recognizing your addictive behaviors and the needs and vulnerabilities that underlie them. The Ayurvedic

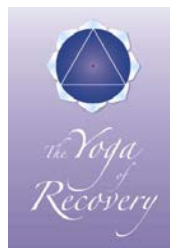
Consultation alongside the Ayurveda workshops allows you to determine what kinds of activities and changes in your lifestyle can best help you restore balance in mind and body. Simple, practical methods are taught such as proper daily and seasonal routines. You'll learn ways to revitalize your body's systems and boost your immune system giving you a strong foundation in health to face the challenges and stresses of daily life without resorting/relapsing into old addictive behaviors.



In the Tools of Recovery we discuss the many similarities between the ethical and lifestyle foundations of Classical Yoga with those of the 12-Step Programs. Combining the Yogic psychology of how to deal with the mind and the Yogic philosophy of the Self with the practice of the principles of the 12-Steps, alongside an Ayurvedic lifestyle offers a sure path from self-destruction to Self-realization – one day at a time.

During the retreat you can also participate in daily open/non-specific 12-Step Meetings, where we talk about our experience, strength and hope in regard to any addictive habit we are recovering from. It is refreshing to be in a group that has the opportunity to discuss a cross-range of addictions like this – it allows us to share in a broader way and helps us develop more openness and compassion around both our own lingering compulsions and the struggles of people with different 'drug of choice' than ours. Please note that we require our alcohol/chemically-dependent guests to have at least 3 months of continuous sobriety.

The Yoga of Recovery retreat brings together three powerful healing modalities – Yoga, Ayurveda and 12-Step Recovery. This is the first and only retreat that offers this powerful combination. It is "the evolution of the solution".



Visit Theyogaofrecovery.com for further information