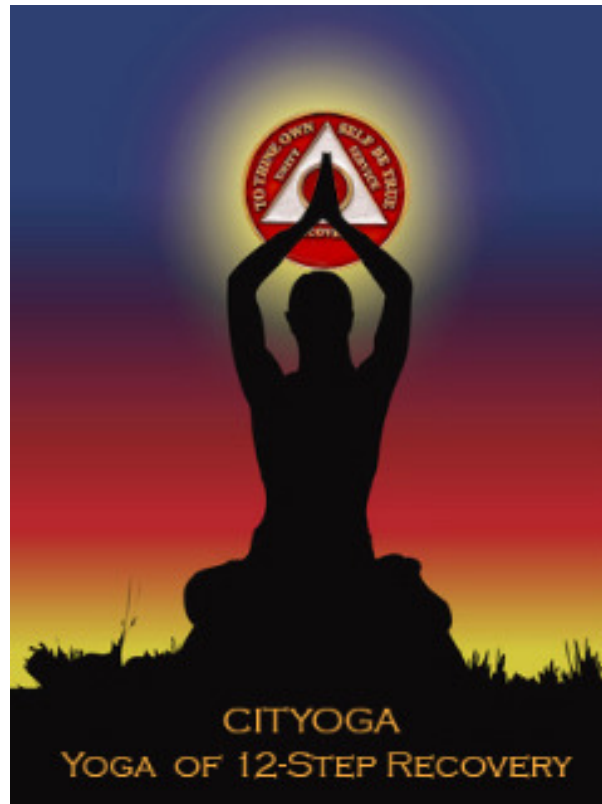




YOGA OF RECOVERY

Yoga of 12 Step Recovery with Nikki Myers March 30 - April 1



Friday, March 30, 6:00-9:00pm
Saturday, March 31, 10:00-6:00pm
Sunday, April 1, 10:00-4:00pm

Cost: \$150 before Mar 15
\$175 after Mar 15

More Info & Registration at
www.savannahyoga.com

Addictive patterns live in the body and the mind. This discussion and experiential class explores addiction and recovery within the body/mind continuum, weaving together the wisdom of yoga and the practical tools of 12-step programs.

This program helps participants to:

- Recognize the roots of addictive patterns (Came)
- Find gateways to address addictive patterns (Came to)
- Examine yogic and twelve step principles at a deep and personal level (Came to believe)
- Feel empowered to take big steps in feeling free, alive, relaxed and connected to daily life.
- Embrace a daily practice to enhance physical, mental and spiritual well-being



Nikki Myers E-RYT500, MBA, became a serious yoga practitioner after suffering a medical crisis. Her healing experience led into an intense study of all aspects of yoga and eventually into teaching yoga in the Boston public schools. Nikki is certified through the American Viniyoga Institute, Yoga Therapy certification with AVI and Somatic Experiencing Practitioner. Nikki regularly assists and co-teaches with Seane Corn at workshops and conferences around the world. Her studies have taken her to India, Thailand, Africa, Cambodia and other lands throughout the world. Nikki is the owner of CITYOGA School of Yoga and Health and Associate Faculty at IUPUI. Her work with yoga and addiction has been featured in Yoga Journal and The New York Times.

Savannah Yoga Center • 1319 Bull Street • 912-232-2994 • www.savannahyoga.com