



# Y12SR

The Yoga of 12-Step Recovery  
*The issues live in our tissues.*



**Y12SR combines the practical tools of the 12-step program with the ancient wisdom of yoga.**

**When:**

Friday 1PM EDT

**Where:** ONLINE ZOOM

910-722-YOGA

**For More Info:** [Yogablessings.Org](http://Yogablessings.Org)

Y12SR with iREST YOGA NIDRA

Combining the two creates a model that truly addresses addiction as the physical, mental & spiritual disease that it is.

Y12SR is a 12-step based discussion and yoga practice that is open to anyone and everyone dealing with their own addictive behavior or affected by the addictive behavior of others. This is an open and inclusive group. All A's are welcome.

*Wear comfortable clothing. Meetings are by donation.*



YOGA OF 12-STEP RECOVERY

Y12SR



**GIVE BACK YOGA  
FOUNDATION**