



Experience recovery through the **healing principles of yoga**

Yoga of 12-Step Recovery (Y12SR) combines the spiritual principles and practices of yoga and 12-Step recovery. If you are in any form of recovery (addiction, eating disorders, etc.), seeking to overcome self-destructive or addictive tendencies, or have been affected by the addictive behavior of others, Y12SR can provide you with a safe space for healing and growth. Half yoga class and half 12-Step meeting, the Y12SR philosophy is “the issues live in the tissues.”

Y12SR: Yoga of 12-Step Recovery classes

Every Friday, 10 – 11 a.m. from Jan. 8 – Feb. 27

Sun Devil Fitness Complex, Tempe location, Small Gym A

For more information, contact recoveryrising@asu.edu.

