Integrative Approaches for Addiction and Recovery--Yoga

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Here are the highlights of our Recovery Community Yoga Program at the Turning Point Center of Chittenden County <http://turningpointcentervt.org/>:

Power of WE: all of us are in recovery, some long term, some fresh from treatment, drug court or the streets. We all know how it feels.

Arrive and stay: I consider it a triumph if someone comes and sits on a yoga mat for five minutes of breathing. To slow down and stop moving is almost impossible for the addict.

All levels: Our students are at different places in recovery and different places in their yoga practices.

Free: We do not charge for our classes.

Listen to and respect the body: We learn to listen, to respect, to follow natural cues like pain, hunger, thirst, and fatigue. We learn that we have agency with our own body and the choices we make for it.

Breath: We can use the breath to direct and modulate physical sensation, energy, and thoughts.

Touch/Intimacy: We always ask permission to touch our students. If allowed, this may be an avenue for experiencing safe, non-sexual physical contact. Even without touch, there is a sense of intimacy in our yoga classes.

Savasana: A period of relaxation at the end is part of every yoga class.

Community: Students usually mingle after class to connect. We schedule our classes so that they end ½ hour before the start of twelve step meetings.

Continuity: Like yoga, recovery is a way of life. At the Turning Point Center of Chittenden County, we try to support our clients in the full spectrum of their lives.

Further Learning:

Faulds, R. *Kripalu Yoga*. NY: Bantam, 2006.
Moyers, B. Ed. *Healing and the Mind*. NY: Doubleday, 1993.
Van Der Kolk, B. *The Body Keeps the Score*. NY: Penguin Books, 2014.

Namaste