



Recovery Community Workshop

"The Issues are in the Tissues"

**Combining Yoga and 12 Step Recovery
presented by Caroline Cooley**

**Saturday, February 16, 2019 • 10:30-Noon
with fellowship to follow**

**At Pavillon by the Sea, 3420A Wrightsville Ave.
Wilmington, NC 28403**

Addiction separates us from our community, the environment and mostly ourselves. Yoga literally means union. Y12SR aims to reconnect the participants with themselves, their bodies, and their lives. This workshop will be facilitated like a Y12SR community meeting, which incorporates a theme based discussion and a theme based yoga practice. We will allow time for questions before and after. The physical practice will be gentle and attainable to everyone and you will be welcomed to use a mat or a chair.

Our addiction and often times the underlying trauma can leave us feeling defeated, sad, and empty. Some of us may have never been in touch with our mind and our body in a connected and cooperative way. We will explore the benefits of peer supported discussion formatted like a 12 step meeting and follow up with yoga. The founder of Y12SR, Nikki Myers, teaches us that "the issues live in our tissues" so by sharing our experience, strength and hope and then "taking it to the mat" we begin to use our voice, our breath, and our bodies to empower and liberate ourselves both physically and emotionally. Y12SR is not affiliated with AA, NA, or any other "A" and all persons in recovery from their own addiction or the addictive behavior of others are welcome.

Caroline Cooley, Yoga Instructor



Caroline started dabbling in yoga in 2005 and she practiced on and off for years. In 2013, she really committed to her practice and decided to pursue her 200 hour RYT a few years later. In 2015, she received her certification from Yoga for the Planet and has since been certified in Trauma Informed Yoga, Y12SR (Yoga 12 Step Recovery), Chair Yoga, and Yin Yoga. She's passionate about learning and continues to take workshops and trainings to enhance her personal practice and her teaching abilities.

Caroline aims to create personal healing, freedom, and awareness while sharing the practice of yoga with her students. She celebrates spirituality in an attainable way and always weaves some humor and authenticity into her classes. She can't wait to introduce you to your best self when you step on to your mat.

All are welcome, No RSVP needed

For more information contact Alumni Services
828-694-2300
alumni@pavillon.org

www.pavillon.org
241 Pavillon Place, Mill Spring, NC 28756
