

Yoga of 12-step Recovery (Y12SR)



This is an organization that offers Yoga to individuals who are working to overcome addiction or have been affected by addiction.

What is Yoga of 12-step Recovery?

“Yoga of 12-Step Recovery was created as a holistic model to address the physical, mental and spiritual dis-ease of addiction. Informed by the latest research in neuroscience and trauma healing, Y12SR “connects the dots” by combining the somatic approach of yoga with the cognitive approach of the 12-step recovery model – the most well-known addiction recovery program in the world, with millions of active practitioners.”

Yoga classes are donation based.

Where?

Meetings are held at yoga studios and other community spaces across the country. Each meeting consists of a group sharing circle, and an intentional yoga class taught by a certified Y12SR leader.

[Click Here](#)

To find a meeting near you!