

Download Healing Addiction With Yoga A Yoga Program For People In 12 Step Recovery

Cornerstone Healing Center is a Scottsdale addiction treatment center and recovery program. Relapse doesn't have to be a part of drug and alcohol addiction or addiction recovery. Located in beautiful Scottsdale, Arizona, Cornerstone Healing Center is built specifically for men 18 and older to address. Founder Nikki Myers began offering Yoga of 12-Step Recovery intensives in 2003, drawing on her personal background and experience to introduce an integrated practice to her local yoga and 12-step communities. The path of yoga is complimentary to the path of recovery from addiction. Tommy Rosen, author, recovery coach, and yoga instructor, describes his journey through sobriety and the vital role that yoga can play in recovery from addiction. In recovery meetings you'll encounter a cross-section of humanity with seemingly nothing in common except their addictions. There are, however, a number of stereotypes that exist in the 12-step world, and they exist largely because they are true. Do You Recognize Any of These Types?