



# YOGA FOR RECOVERY

## YOGA AND MINDFULNESS PROGRAMS FOR ADDICTION TREATMENT

It is estimated that addiction affects more than 23 million Americans.<sup>1</sup> Like other psychological disorders, such as depression, addiction is a common problem that can persist for many years with alternating periods of remission and relapse.<sup>2</sup> The ongoing risk of relapse creates a critical need for providing tools, such as yoga and mindfulness, to help maintain sobriety throughout the years-long recovery process.

### Benefits of a regular yoga practice:

- Reduced anxiety, depression, stress, anger and fear<sup>3</sup>
- Improved flexibility, balance and strength<sup>3</sup>
- Increased restful sleep, relaxation and increased energy<sup>3</sup>
- Improved mental focus to better manage impulses<sup>4</sup>
- Decreased fight or flight stress response, creating a sense of balance between the mind and body<sup>3</sup>

## PARTNER STUDIOS

Transformation Yoga Project partners with community yoga studios across the Delaware Valley to offer Yoga for Recovery classes. Yoga for Recovery provides a supportive environment to observe stillness, allow emotions to surface

without fear of judgment, and create healthy relationships with others in recovery. To find a Yoga for Recovery class at a partner studio near you, please visit: [www.TransformationYogaProject.org/calendar#partners](http://www.TransformationYogaProject.org/calendar#partners).

## TREATMENT FACILITIES AND SOBER-LIVING HOUSES

Transformation Yoga Project works with in-patient and out-patient addiction treatment programs to incorporate mindfulness-based yoga practices into their treatment protocols. Yoga is a natural companion to 12-step-based recovery and complements existing treatment modalities to help participants relieve stress and reestablish a body-mind

connection. Transformation Yoga Project integrates yoga into successful rehabilitation programs, and partners with facilities to make such programs an integral part of the stress, anger management and impulse control components of treatment.

To learn more, visit: [www.transformationyogaproject.org/#yoga-for-recovery](http://www.transformationyogaproject.org/#yoga-for-recovery)

1. National Institutes of Health Medline Plus. The Science of Addiction: Drugs, Brains, and Behavior. <http://www.nlm.nih.gov/medlineplus/magazine/issues/spring07/articles/spring07pg14-17.html>. Accessed July 2, 2015. 2. American Society of Addiction Medicine (ASAM). Public Policy Statement: Definition of Addiction. Adopted by the ASAM Board of Directors April 19, 2011. <http://www.asam.org/research-treatment/definition-of-addiction>. Accessed June 16, 2015. 3. Woodyard C, Exploring the therapeutic effects of yoga and its ability to increase quality of life. Int J Yoga. 2011 Jul-Dec; 4(2): 49-54. 4. Marefata M, Peymanzad H, Alikhajeh Y, The Study of the Effects of Yoga Exercises on Addicts' Depression and Anxiety in Rehabilitation Period. Procedia - Social and Behavioral Sciences. 2011; 30: 1494-1498.