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"The skills, insights, and self-awareness learned through yoga and mindfulness practice can target multiple psychological, neural, physiological, and behavioral processes implicated in addiction and relapse."

 Khanna and Greeson, "A Narrative Review of Yoga and Mindfulness as Complementary Therapies for Addiction."

QUESTIONS?

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How is Trauma-Sensitive Yoga different from other yoga?

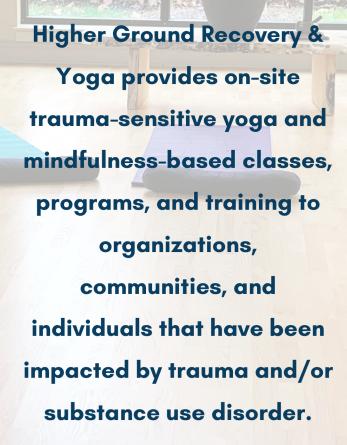
Our trauma-sensitive yoga classes focus on noticing present moment body sensations, without thinking about what they mean. Just experiencing them.

Our **trained and highly skilled team** of instructors facilitate classes that include:

- Slow progressions
- Inclusive language
- Integrating choices and options
- Careful selection of physical shapes and breathing techniques
- Supportive non-judgmental presence
- Safety through room set up and no hands on
- Invitational empowerment-based language
- Modeling movements
- Focus on sensations and breath

Classes Format

Discussion
Physical warmup
Breathing exercises
Yoga shapes, movements, stretches
Guided meditation





Complementing treatment, our programs are carefully designed to provide a supportive and welcoming group class that aligns with your treatment approach and goals.

This practice is proven to increase:

- Mental and Emotional wellbeing
- Self-awareness
- Focus and concentration
- Purpose, hope and compassion
- Self-esteem
- Resilience
- Restful sleep, relaxation and energy
- Sense of community

Complementary Health Approach

Yoga, meditation and mindfulness practices are recognized as a complementary health approach according to the National Center for Complementary and Integrative Health (NCCIH).

We embrace **SAMHSA**'s six key principles of a **trauma-informed approach**:

- 1. Safety
- 2. Trustworthiness & Transparency
- 3. Peer Support
- 4. Collaboration and Mutuality
- 5. Empowerment, Voice, & Choice
- 6. Cultural, Historical, & Gender Issues