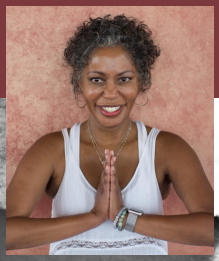
Yoga for Pesonal Integration

with Aruni Futuronsky & Nikki Myers



September 5, 12,19 & 26, 2018
6-7:30pm ET

Registration/Info:
www.y12sr.com

Investment: $275/$250
prior to August 5, 2018

Join Aruni Futuronsky and Nikki Myers for an innovative 4 week web-based coaching program, deeply focused on healing codependency. Sometimes called 'the addiction to looking elsewhere, codependency is an often misunderstood term that is ultimately the belief that something outside of ourselves can make us whole.

Using the ancient teachings and practices of yoga and the practical tools of 12-step programs as an anchor, this coaching curriculum leads to reclaiming the lost parts of ourselves. It remind us that peace and happiness are not something to chase; they are born within us.

Through the use of lecture, discussion, experiential exercises and the tools of yoga (asana, pranayama, meditation, chanting,etc.) this online coaching program examines the root of codependent behavior and present tools and strategies for healing through a process of awareness, self-love and creativity.

CONTINUING EDUCATION PROVIDER YACEP yoga ALLIANCE

- Gain awareness of how/when/where we give ourselves away
- Discover the foundation of relationship with self as the ground of all relationships
- Cultivate and deepen an authentic relationship with self and develop strategies to 'keep comin' back' when that connection is lost

YOGA OF 12-STEP RECOVERY

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