

Recovery Yoga – A Practice for Addiction Recovery

Yoga Classes:

Recovery Yoga at Yoga Hillsboro

Tuesdays, September 11 to
November 20
5:30 pm to 6:45 pm
Registration Info below

Recovery Yoga is restorative yoga designed to help students face the challenges of substance abuse and chemical dependency. Classes provide a supportive, non-judgmental, sober experience which can enhance mindfulness and reduce stress.

The class is designed to support, but not replace, a formal addiction recovery program. As in other recovery settings, the identity of the students will be confidential.

DETAILS --

Fall classes on Tuesdays,
September 11 to November 20
7:00 pm to 8:15 pm at Yoga Hillsboro
10-class series is \$90.00. Drop in \$12

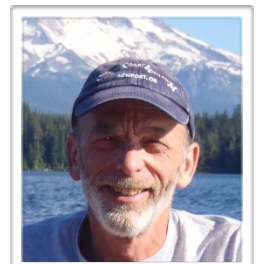
Free Seminar:

Yoga, Meditation & Addiction Recovery

Saturday September 8 – From
5:00 PM to 6:30 PM at
Yoga Hillsboro **Free & RSVP**

To learn more about Recovery Yoga join recovery counselors, therapists, and instructors to explore the benefits of yoga and meditation on the path to recovery.

Classes will be taught by
John McGinity, who has
incorporated yoga in his
own recovery journey for
over 18 years.



For more information and to register:

John McGinity

recovery-yoga.com john.mcginity@yogabodyandbreath.com

Location: The Stress Reduction Clinic at Yoga Hillsboro, 232 NE Lincoln St. -
Suite O in downtown Hillsboro