

# RECOVERY YOGA

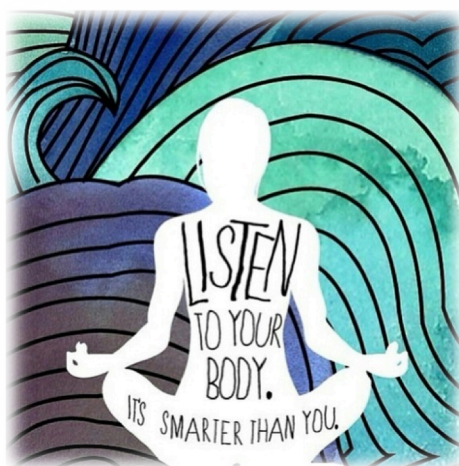
Six Weeks, THURSDAYS ~ 4:15- 5:45 pm

Jan. 17 – Feb. 21      \$95

Teacher: Sherri Snyder-Roche

When you enter this class, you are entering a safe space of transformation. Yoga is an active body-centered approach to recovery. Regardless of what you are recovering from, this workshop will offer a path of healing.

From pain to joy



**There will be two over-arching yogic fundamental beliefs that will be woven throughout this series:**

**LOVE:** Love is a felt sense of belonging, contentment, warm welcome, and joy. Love is expressed as innate respect and care for your body, mind, heart, for your thoughts, actions, and relationships. We will explore the concepts of radical acceptance, empathy, self-compassion and vulnerability.

**BE PRESENT:** The most difficult action is often "non action" and simply sitting in the moment- be it discomfort, pain, awkwardness, conflict, or being in stillness.

Each class will provide a unique yoga experience and explore a different theme. The yoga practices will help you to become more grounded, be more present, and also help you to become comfortable with the uncomfortable.

*This is NOT a 12-Step meeting. No questions asked.  
Come as you are ~ Absolutely no yoga experience is necessary*

**Facilitator:** Sherri Snyder-Roche, Licensed Psychotherapist, Certified Kundalini Yoga Teacher

**Location:** State of Grace Yoga and Wellness Center, Uxbridge, MA

[www.StateofGraceWellness.com](http://www.StateofGraceWellness.com) PH: 508-278-2818

