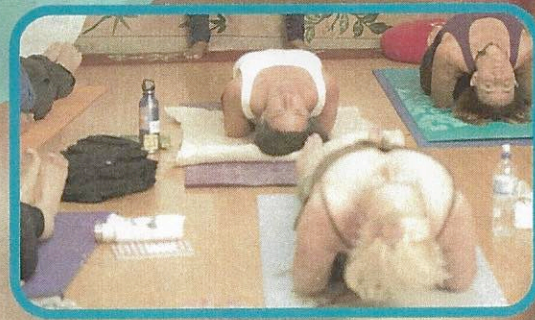




Y12SR

The Yoga of 12-Step Recovery
The issues live in our tissues.



Y12SR combines the practical tools of the 12-step program with the ancient wisdom of yoga.

When: Sunday 6:30 pm
July 9th, 16th, 23rd, 30th.

Where: messagecraft
314 Alfred St. Biddeford Maine

For More Info: Contact:
Sue 229-9014
Karen 286-8416

Combining the two creates a model that truly addresses addiction as the physical, mental & spiritual disease that it is.

Y12SR is a 12-step based discussion and yoga practice that is open to anyone and everyone dealing with their own addictive behavior or affected by the addictive behavior of others. This is an open and inclusive group. All A's are welcome.

Wear comfortable clothing. Meetings are by donation.



YOGA OF 12-STEP RECOVERY

Y12SR



**GIVE BACK YOGA
FOUNDATION**