

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.

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

Y12SR is a 12-step based discussion and yoga practice 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.

when: **Tuesdays**

for more info: **contact Cathy 724-626-1114**

where: **Highlands Hospital's Wellness Center**
5:30 PM

Uniontown YMCA 7:30 PM

Y12SR - Yoga of 12 Step Recovery
Y12SR is a program the Give Back Yoga Foundation



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y12sr.com

Join the movement