



Integrative Recovery Therapy™ is a unique self-help program for addiction recovery as well as depression and anxiety. By weaving together recovery themes with Mind/Body practices such as Deep Breathing, Meditation, Mindfulness, Deep Relaxation, Guided Imagery, Yoga, Qi-Gong and more, participants learn tools that focus the mind, calm the emotions and rejuvenate the body. The program provides the building blocks for developing a personal practice of daily self-care and nurturing on an ongoing basis.

**MEDFORD FIRST UNITED METHODIST CHURCH
607 W. MAIN
TUESDAY—5:30 TO 6:45 P.M. NEW SESSION BEGINS 1/17
THURSDAY GENTLE – 1:30 TO 2:45 (ONGOING)
\$130 PRE-PAID OR DROP-INS WELCOME AT \$12 PER CLASS
CALL LAURA AT (541) 210-1952 TO REGISTER**

PLEASE WEAR LOOSE CLOTHING AND AVOID EATING ANYTHING HEAVY FOR AT LEAST ONE HOUR BEFORE CLASS.

*A Program of Integrative Healing and Recovery Programs, LLC
PO Box 66, Jacksonville, OR 97530/www.yogaforrecovery.net*

The basic teachings of the twelve week program draw from a wide variety of resources, from mind/body practices dating back thousands of years, to modern techniques for healing and rejuvenation. The fundamental tenets of the program are based upon the following beliefs:

- Everyone is ultimately responsible for their own well-being.
- Self-care and nurturing are some of the most challenging yet most important endeavors of our lifetime.
- As we care for and meet our own needs, we are more available and energized to help others.
- We have many interdependent levels of existence; our physical body, our energy, our mind/emotions, our wisdom/intellect and our inner peace. We must attend to them all.
- Every human possesses an innate wisdom and guidance system that cannot be taken away. These systems must be nurtured to remain healthy and functioning.
- All of life happens in the present moment. The past is over and the future is not yet here.

Overview

The underlying belief of this unique approach to healing from addiction as well as coping with depression and anxiety is that one will have the best possible chance for recovery by integrating the entire being – body, mind/emotions and spirit. Addiction damages the physical body, the brain chemistry, the thought processes, the emotional state and the spirituality. The practices given in each class provide tools and techniques for healing at every level. A large number of those suffering from addictive behavior also suffer from depression, anxiety and other mental disturbances. While we recognize the benefit of treating the myriad of symptoms with new and promising medications, we also believe that there are significant benefits to providing a natural approach. These tools and techniques are available whenever they are needed and empower the participant to become an active partner in their own recovery process.

Class Format

Initial Relaxation - Each class begins in relaxation pose, lying on the floor. This causes the mind and the body to settle and become more centered, and brings about a sense of receptivity. During this initial relaxation, a technique called *Mindfulness Centering Breath* is used to help focus the mind and bring about a heightened awareness of the present moment. In this state, readings on the recovery theme of that particular class are offered, followed by affirmations to facilitate opening the mind.

Breathing Practice – The breath is the link between the mind and body. In the same way that the breath is affected by emotional states (such as shallow breathing brought on by stress or fear) the breath can also be used to shift emotional states. In each class, breathing techniques are given that provide a means to calm the emotions, focus the mind, heighten awareness as well as energize the body.

Physical Practice –The physical practice begins with a gentle warm-up and moves through a series of poses that are modified for many abilities and promote healing at every level. Aside from providing the experience of being fully present in the body and linking the movements with the breath, the physical practices also help to detoxify the body, improve the functioning of the internal organs, ignite the endocrine system to bring about a more rapid return of normal brain chemistry, calm the emotions, relieve stress, focus the mind and deepen self-awareness. Affirmations are given with the poses to help deprogram the negative belief patterns and low self-esteem that go along with addiction.

Final Relaxation - The class culminates with a powerful practice of deep relaxation of the body while the mind remains fully awake and alert, followed by guided imagery and affirmation that bring about a deeper integration of the class theme. A resolve or intention is made and mentally repeated at the beginning and end of the practice.

Home Practice – A Home Practice Guide is available to allow for integration of the teachings by practicing on a daily basis. This cultivates a deeper sense of self-love and brings about the much needed willingness and desire to continue on the path of recovery.