

CHI

Creative Health Initiatives

Counseling + Coaching + Consulting

Yoga for Recovery

We all know that yoga is good for us! Research shows that yoga helps with eating disorders, anxiety, depression, pain management, circulation, lowering blood pressure, stimulating immunity, increasing bone density, creating inner calm, and much, much more! (Even Harvard just released a study on how valuable yoga is for our brains!)

We want to offer Yoga for Recovery, a program that helps us integrate yoga into your emotional healing journey. Yoga can help access feelings stored in our bodies. Yoga will help to embody our work in recovery, deepening our self-awareness as we address stored channels of energy and emotion in a safe environment.

This 16-week group will utilize yoga postures (asanas), breath work (pranayama), and group process. The goal is to use movement to get into our bodies and stimulate all the benefits of yoga practice. After the asanas, we will process and use the insights and connections made through yoga to deepen our work in recovery.

The group will be held at 23 Lenox Pointe NE, Atlanta, GA 30324. Call Tara Arnold, PhD, RYT at 404-964-6629 to interview for the group.



Tara Arnold, PhD, RYT

404-964-6629

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