



YOGA OF 12-STEP RECOVERY

Y12SR

The issues live in our tissues.



Y12SR COMBINES THE
PRACTICAL TOOLS OF THE
12-STEP PROGRAM
WITH THE ANCIENT
WISDOM OF YOGA.

Join the movement.

www.livelovelotus.com

www.y12sr.com



COMBINING THESE TWO CREATES A MODEL THAT TRULY ADDRESSES ADDICTION AS THE PHYSICAL, MENTAL, AND 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 THE ADDICTIVE BEHAVIOR OF OTHERS. THIS IS AN OPEN AND INCLUSIVE GROUP – ALL AS ARE WELCOME.

2ND SUNDAY OF THE MONTH

4:30PM-6:30PM

14 W. BROADWAY ST.
2ND FLOOR
SHELBYVILLE, IN 46176

No yoga experience necessary.
All meetings are by donation.
Wear comfortable clothing.

livelove.lotus@mail.com

(317) 319-5797