

Yoga for Recovery

YOGA FOR RECOVERY

Ashtanga yoga is a therapeutic system designed to purify the body, promote proper functioning of the digestive system, build strength, and restore range of motion to the body. The method of practice taught in Ashtanga yoga relies on linking postures with deep, even breathing and steady gazing. The system of linking the breath with movement is known as *vinyasa* and encourages the blood to circulate properly. While the gazing point helps to facilitate a state of meditation, having a profound effect on the calmness of the mind. Combined with an existing recovery program the practice becomes a powerful tool for self-transformation.

When: 1st Monday of the Month: Young Adult Class 4p-5p: Adult Class 6p-7p

Where: Dublin 299 Cramer Creek Court

Registration: FREE; You do not have to be a Syntero client to attend, open to all individuals in recovery.

For more information about this series:
Katie McGowan, MS, LPCC-S
**Substance Use Disorder Program
Coordinator**
614-889-5722 Ext 146



Syntero
Care • Counsel • Support

SYNTERO LOCATIONS:

Dublin: 299 Cramer Creek Ct. • Dublin, OH 43017
Mill Run: 3645 Ridge Mill Dr. • Columbus, OH 43026
Lewis Center: 7100 Graphics Way, Ste. 3100 • Lewis Center, OH 43035
Northeast: 3433 Agler Rd., Ste. 2000 • Columbus, OH 43219
Syntero Intake Department: 614-889-5722 ext 133

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