

THE BENEFITS OF YOGA FOR ADDICTION RECOVERY

Those suffering from addiction may find that yoga can be a powerful tool for their recovery. Here are some ideas about how it can strengthen the body and mind to assist in the healing process.

KEY BENEFITS OF PRACTICING YOGA



STRESS RELIEF

By forcing you to slow down and concentrate on the moment, yoga can be a great way to relieve anxiety. Your routine can be a respite from the stresses in your daily life, which can help reduce your feelings of dependence.

LESS FATIGUE

A good session can leave you feeling more energetic and give you a mental boost. This can be key for fighting off a sense of being overwhelmed and exhausted, which could trigger a relapse.

HEALTHIER HABITS

Getting regular exercise is crucial for living a healthy lifestyle. Being mindful of your body can inspire you to eat more nutritiously, as well. The better you feel physically, the more likely you'll be able to stick to good habits in other areas of your life.

EMOTIONAL HEALTH

Yoga can be an island of calm in a sea of anxiety, providing you with a much-needed place to let your emotions settle. When you're more in control of them, you'll be in better control of yourself and the choices you make.

SELF-CONFIDENCE

Whether it's mastering a challenging pose or simply spending time in quiet reflection, yoga can build your self-esteem and give you more confidence. These can be the armor you need to face the day without the hurtful crutches on which you used to rely.

HOW YOGA CONNECTS YOUR BODY & MIND



REGULATED BREATHING

It can be difficult to pay attention to what truly matters when we're distracted by daily stimuli. Yoga forces us to concentrate on our breathing, directing all of our focus inward and increasing oxygen flow to the brain.

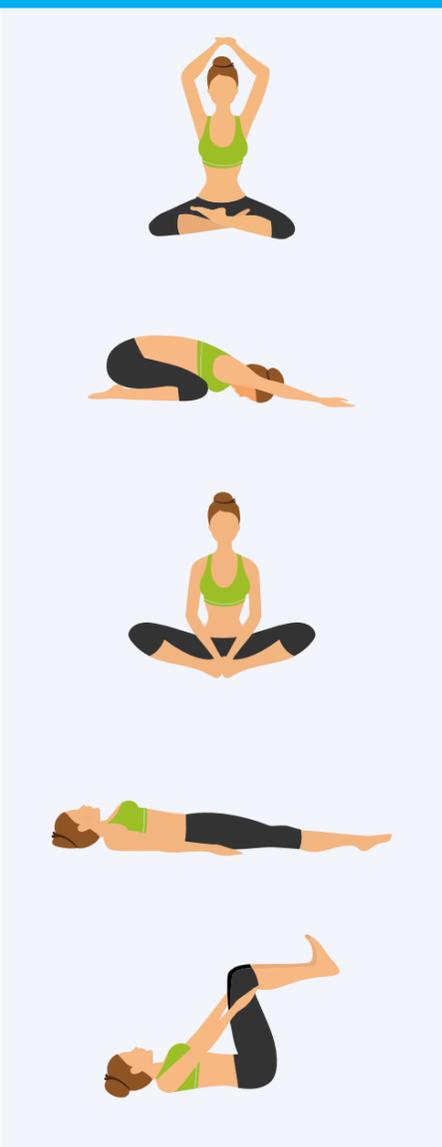
BETTER SLEEP

Because it calms you and relieves anxiety, yoga can have a powerful impact on the quality of your sleep. This means your mind has more time to recuperate and re-energize during deep REM sleep.

POSITIVE SELF-IMAGE

Being physically fit can make you feel better about yourself, which means you'll be less inclined to give in to doubt or become stressed. This has a positive impact on your mind because it allows you to think more clearly and avoid many of the anxieties that may hang over you.

YOGA POSES YOU CAN TRY



SITTING MOUNTAIN

Kneel with your feet behind you so that you are sitting on your heels. With your shoulders relaxed, keep your back straight and breathe as deeply and slowly as you are comfortable doing.

CHILD'S POSE

Starting from Sitting Mountain, inhale deeply as you lower your head to the floor. Position your hands next to your feet and relax your neck and shoulders. Continue to hold this position for as long as you can comfortably.

BUTTERFLY

From a seated position on the floor, touch the soles of your feet to each other with your knees pointed out to the side. Grab your feet and rest your arms on your upper thighs, breathing deeply the entire time.

CORPSE POSE

Lie on your back, with your arms and legs slightly apart. Point your palms to the ceiling and relax your jaw. With your eyes closed, concentrate on taking deep breaths and visualizing healing energy washing over you.

LITTLE BOAT POSE

Lying on the floor, hug your legs so that your knees are close to your chin. Tilt your head down to keep your neck straight, and hold the position for as long as you feel comfortable.