

## Meditate to elevate: The path to free yourself from addictive behavior lies in a spiritual journey of self discovery

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### Biography

Asia Janina Dyrkacz, founder of Models Against Addictions is a Addiction Counselor and Meditation Coach in New York city. After finishing CASAC training for Alcoholism and Substance Abuse Counselor Asia started an internship in Chemical Dependency unit in Upper Manhattan Mental Health Center in conjunction with Fort Washington-Project Renewal Shelter. She has been introducing the Kundalini Meditation practice in healing for homeless people. She has been featured on the Discovery Health Channel and was named one of 100 Women making a Difference by Today's Chicago Woman magazine. In 2009 Asia Founded Models Against Addictions. She feels that society is at a turning point in the way that addictions are viewed and we are transcending to a place where addictions can be treated with more compassion and love, recognizing the need for complete, holistic approach to the treatments. She received a certificate from a system of Yogic Science to break habits and addictive behavior to share this knowledge with anyone who needs help in recovery and became meditation coach. She is now fundraising for an alternative sustainable recovery for the mental illnesses and addictions The Holistic Super Health Program.

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