Understanding and treating the roots of our addictive/self-destructive behaviors

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Yoga of Recovery, USA

Many rehabs offer yoga, many yoga teachers target yoga classes to people in recovery. The connections between yoga and the 12 step programs are obvious to many. Recovery is understood to be a life-long process that necessitates a holistic solution incorporating wisdom and practices that address physical, mental, emotional and spiritual well-being. This presentation will look at the roots of our addictive behaviors—recognizing that addiction is a process, not an event and involves many substances and behaviors. We offer a multifaceted solution to a multi-faceted problem utilizing the many healing aspects of the Yogic/Vedic sciences in the recovery process.

Biography

Durga Leela, RYT-500, is the founder of Yoga of Recovery, a comprehensive program that integrates Ayurveda and Yoga with recovery tools for a holistic mind, body and spirit approach for all those affected by addiction and self-destructive behaviors. Durga is a Clinical Ayurvedic and Pancha Karma Specialist, trained both in the US and India. She is the Director of the Ayurveda Programs at the Sivananda Yoga Farm in California and a professional member and conference speaker for the National Ayurvedic Medical Association (NAMA) and Int’l Association of Yoga Therapists (IAYT).

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