

# Healing Addiction with Yoga

A Yoga Program for People in 12-Step Recovery



Annalisa Cunningham

author of *Gentle Yoga for Healing*

# Healing Addiction With Yoga Healing Addiction With Yoga

**Annalisa Cunningham**



## **Healing Addiction With Yoga Healing Addiction With Yoga:**

**Healing Addiction with Yoga** Annalisa Cunningham, 2012-06-01 Especially oriented toward those in 12 step programs this comprehensive wellness guide describes how yoga can stimulate recovery from addiction by bringing the mind and body closer together The supportive and understanding text presents a 21 day yoga regimen using dynamic affirmations relaxation techniques nutrition and lifestyle suggestions aerobic activities and journal writing all of which are geared to incorporate the 12 step philosophy into yoga practice The featured poses are drawn from the popular hatha yoga tradition while the complementary contemplations are applicable not only to addicts but to anyone seeking physical and spiritual enrichment Newly updated and revised the guide includes beautiful professional photographs throughout to demonstrate the wide variety of asanas

**RECOVERY 2.0** Tommy Rosen, 2014-10-21 The feeling was electric energy humming through my body I felt like blood was pouring into areas of my tissues that it had not been able to reach for some time It was relieving and healing subtler than the feeling from getting off on drugs but it was detectable and lovely and of course there was no hangover just a feeling of more ease than I could remember I felt a warmth come over me similar to what I felt when I had done heroin but far from the darkness of that insanity this was pure light a way through Tommy Rosen on his first yoga experience Most of us deal with addiction in some form While you may not be a fall down drunk anorexic or a gambling addict you likely struggle with addiction in other ways Workaholism overeating and compulsively engaging with technology like video games texting and Facebook are also highly common examples And if you don't suffer from addiction chances are you know someone who does Through more than 20 years of recovery and in working professionally with others Tommy Rosen has uncovered core elements of recovery and healing what he refers to as Recovery 2.0 In the book he shares his own past struggles with addiction and powerful tested tools for breaking free from the obstacles that stand in the way of a holistic and lasting recovery Building off the key tenets of the 12 Step program he has developed an innovative approach that includes Looking at the roots of addiction your family history and Addiction Story Daily breathing practices meditation yoga and body awareness A healthy alkaline based diet to aid with detox boost immunity increase vitality support your entire recovery and help prevent relapse Discovering your mission living on purpose and being of service to others Recovery 2.0 will help readers not only release their addictions but thrive in their recovery *Integrative Medicine* David

Rakel, 2007-01-01 Drawing on solid scientific evidence as well as extensive first hand experience this manual provides the practical information you need to safely and effectively integrate complementary and alternative treatment modalities into your practice It explains how alternative therapies can help you fight diseases that do not respond readily to traditional treatments presents integrative treatments for a full range of diseases and conditions including autism stroke chronic fatigue syndrome and various forms of cancer explores how to advise patients on health maintenance and wellness and offers advice on topics such as meditation diet and exercises for back pain 24 new chapters a new organization make this landmark

reference more useful than ever Provides dosages and precautions to help you avoid potential complications Delivers therapy based pearls to enhance your patient care Facilitates patient education with helpful handouts Offers helpful icons that highlight the level and quality of evidence for each specific modality Includes bonus PDA software that lets you load all of the therapeutic review sections onto your handheld device Presents a new organization with numerous section headings and subheadings for greater ease of reference Provides additional clinical practice and business considerations for incorporating integrative medicine into clinical practice **Healing Addiction with Yoga** Annalisa Cunningham,2010-02-01 Struggling to overcome your addiction Recover the healthy Yoga way Whether you re addicted to chocolate or junk food alcohol or coffee sex or gambling you will find help to overcome your addiction in Healing Addiction with Yoga This 21 day program

**Healing Addiction EMDR Therapy** Jamie Marich,Stephen Dansiger,2021-08-09 There are just so many things that I love about this book that I simply don t know where to begin Marich and Dansiger take an approach that is comprehensive integrative relational and deeply hopeful They share their wisdom and lived experience as skilled clinicians AND as vulnerable human beings who themselves have struggled with addiction benefiting in profound ways from EMDR therapy Deborah Korn Psy D Co Author of Every Memory Deserves Respect EMDR The Proven Trauma Therapy with the Power to Heal This must read volume offers clinicians a road map to navigate the often convoluted and intricate journey of accompanying clients suffering the aftermath of trauma and addictions Clinicians will find in this book the guidance foundational and advanced skills as well as an incredibly rich repertoire of stabilization strategies Ana M Gomez MC LPC Author of EMDR Therapy and Adjunct Approaches with Children Complex Trauma Attachment and Dissociation Healing Addiction with EMDR is tailored to support therapists along the different phases of EMDR Therapy It focuses on understanding each individual case through case conceptualization and treatment planning and avoiding the simplistic What protocol should we use question People need to be understood as individual beings since this is the essence of EMDR Therapy Dolores Mosquera Co Author of EMDR and Dissociation The Progressive Approach INTRA TP A Coru a Spain Offers a holistic comprehensive approach to addiction treatment that combines standard EMDR therapy with specialty protocols This innovative and brand new EMDR therapy guide for healing addiction is the first book to underscore the efficacy of EMDR therapy as a primary modality for treating trauma and addiction Targeting the trauma lurking beneath the addiction the resource presents a comprehensive collection of best practices and strategies for using EMDR therapy to treat addictive disorders and guides practitioners in incorporating their protocols of choice into EMDR treatment While illuminating underlying theory the book focuses on practice knowledge and how therapists can translate this knowledge into clinical settings in order to provide clinicians with a fully integrated approach to the diagnosis treatment and management of addiction across populations Written in user friendly language by two prominent practitioners and trainers of EMDR therapy the book helps therapists to address the complexity of addictive disorders by providing a comprehensive guide to the

standard eight phase protocol and adaptive information processing model as groundwork for case conceptualization and treatment Chapters contain case studies with commentary on relevant decision making points along with discussion questions to enhance critical thinking Abundant Tips and Tricks learned in the trenches make the text come alive with clinical relevance and references to many of the best specialty protocols and strategies for treating clients suffering from addiction due to trauma guide readers to choose the best protocol for each situation Purchase includes digital access for use on most mobile devices or computers Key Features Authors lived experience brings a wealth of real world application Introduces the standard EMDR therapy protocol as a modality of choice for treating trauma and addiction disorders Rates popular specialty protocols for addiction and provides guidance on how to integrate them into treatment Delivers a wealth of best practices and strategies for working with clients with addiction issues Addresses effectively working with dissociation in EMDR therapy Focuses on best practice informed by a thorough review of up to date scholarly literature Uses abundant case studies Tips and Tricks from the Field and practical exercises to reinforce knowledge

### **Yoga and the Twelve-Step Path**

Kyczy Hawk, 2012-04-16 The powerful practice of yoga with all its diverse approaches and time honored traditions meets twelve step recovery Those in recovery who yearn to connect more fully in the suggested prayer and meditation of Step Eleven will welcome this delightful book from a fresh voice in recovery literature Kyczy Hawk's experiences of addiction and recovery make her a relatable compassionate guide to an integrative practice that addresses the threefold aspects of addiction body mind and spirit for a new experience of recovery and of physical and spiritual health

Yoga Daren Callahan, 2015-01-28 Millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes This comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon English language yoga texts published since 1981 It includes entries for more than 2 400 scholarly as well as popular works manuals original Sanskrit source text translations conference proceedings doctoral dissertations and master's theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest

The Modern Yoga Technique:: Lewis Schwartz, 2025-06-24 The Modern Yoga Technique Calm Your Mind Gain Flexibility and Relieve Anxiety With Deep Breathing and Posture Exercises Body Anatomy Understanding For Best Yoga Practices Have you ever wished you knew how to practice Yoga the right way but had no idea where to start This book is a treasure trove of knowledge offering you unique chapters each dedicated to unveiling the depths of yoga's profound teachings Here Is A Preview Of What You'll Learn Mastering Pranayama Breath Control for Enhanced Energy Flow The Art of Meditation Exploring Deeper States of Consciousness Unlocking the Power of Asanas Advanced Yoga Postures Yoga for Strength and Flexibility Taking Your Practice to the Next Level Balancing the Chakras Advanced Techniques for Energy Alignment Mastering Inversions Upside Down Asanas for Inner Balance The Yoga Sutras of Patanjali Wisdom for the Modern Yogi Yoga for Emotional Well being

Managing Stress and Cultivating Resilience Yoga Philosophy Integrating Ancient Wisdom into Modern Life Advanced Yoga Sequencing Designing Practices for Specific Intentions The Power of Mantras Sacred Sounds for Spiritual Growth And Much much more Take action now follow the proven strategies within these pages and don t miss out on this chance to elevate your mindset to new heights Scroll Up and Grab Your Copy Today [Trauma and the 12 Steps, Revised and Expanded](#) Jamie Marich,2020-07-07 An inclusive research based guide to working the 12 steps a trauma informed approach for clinicians sponsors and those in recovery Step 1 You admit that you re powerless over your addiction Now what 12 step programs like Alcoholics Anonymous AA and Narcotics Anonymous NA have helped countless people on the path to recovery But many still feel that 12 step programs aren t for them that the spiritual emphasis is too narrow the modality too old school the setting too triggering or the space too exclusive Some struggle with an addict label that can eclipse the histories traumas and experiences that feed into addiction or dismisses the effects of adverse experiences like trauma in the first place Advances in addiction medicine trauma neuropsychiatry social theory and overall strides in inclusivity need to be integrated into modern day 12 step programs to reflect the latest research and what it means to live with an addiction today Dr Jamie Marich an addiction and trauma clinician in recovery herself builds necessary bridges between the 12 step s core foundations and up to date developments in trauma informed care Foregrounding the intersections of addiction trauma identity and systems of oppression Marich s approach treats the whole person not just the addiction to foster healing transformation and growth Written for clinicians therapists sponsors and those in recovery Marich provides an extensive toolkit of trauma informed skills that Explains how trauma impacts addiction recovery and relapse Celebrates communities who may feel excluded from the program like atheists agnostics and LGBTQ folks Welcomes outside help from the fields of trauma dissociation mindfulness and addiction research Explains the differences between being trauma informed and trauma sensitive and Discusses spiritual abuse as a legitimate form of trauma that can profoundly impede spirituality based approaches to healing

**Yoga Journal** ,2008-09 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Decolonizing Yoga: from Critical to Cosmic**

**Consciousness** Punam Mehta Ph.D.,2022-04-21 This book was written for diasporic South Asian women who have experienced microaggression or discrimination in modern yoga spaces in Canada or abroad Punam Mehta Ph D reveals how the yoga movement in Canada has been harmful to yoga s grounding in Jain history to South Asian social and cultural development and to Jain diasporic women born and raised in Canada She argues that marginalized women could recenter themselves by practicing yoga to overcome discrimination based on their race gender sexuality class and or abilities within the context of today s culture The author seeks to answer questions such as What is the theoretical foundation of feminist

informed yoga in contemporary culture How can a feminist informed yoga be applied as a healing approach to marginalized women How can contemporary yoga offer simple ways for marginalized women to feel good about themselves The author highlights the removal of Canadian born Jain mothers and more generally South Asian mothers who face systemic racism in yoga studios She also reveals how yoga practiced in the Jain way of life offers a holistic approach to well being and spiritual health

**Mental and Emotional Healing Through Yoga** Ghada Osman,2018-09-03 Mental and Emotional Healing Through Yoga combines key research on the intersection of yoga and mental health with a client centered step by step framework that can be applied to a range of complex mental and emotional disorders The book guides readers through the initial intake of the first client session and the development of subsequent sessions providing case examples from the author s practice to show how yoga s mind body connection facilitates recuperation and healing While well grounded in research and case studies the book is also highly readable making it accessible to professionals such as psychotherapists and yoga therapists as well as individuals and families struggling with mental health issues

*Yoga for Addiction Recovery* Patty Wildasinn,2022-09-06 Yoga for Addiction Recovery delivers just that practical yoga techniques and tools to support ongoing recovery from active addiction Years spent by the author in both recovery and in practicing yoga have made clear that the underlying principles of both yoga and the 12 Steps weave together complimenting each other in a totally cohesive way If you are in recovery yourself apply and absorb what you can use If you are wanting to teach a yoga class to a recovering population this book will give you a better understanding of the disease concept in addition to the process your students will be walking through

**Yoga Sadhana for Self Healing** Swami Sitaramananda,2025-05-10 The Sivananda teaching is a traditional Yogic teaching coming through a lineage of Yoga Masters including Swami Sivananda and Swami Vishnudevananda Master Sivananda s approach to Yoga the synthesis of Yoga is well rounded and practical written in almost 300 books Swami Vishnudevananda founder of the International Sivananda Yoga Vedanta Centers taught students in both the East and West giving innumerable lectures and writing two bestselling books The Complete Illustrated Book of Yoga and Meditation and Mantras His teachings are practical humorous and well suited to modern life In this book you will learn the essentials the basic aspects of this profound spiritual mental and physical self healing Later on if you want to know more you will have to dive deeper for example learn to heal yourself while teaching Yoga asanas and holistic lifestyle in the Sivananda Yoga Teachers Training Course and after take the deeper 800 hour Sivananda Yoga Health Education Training course to become a Yoga Health Educator and instrument in the process of empowerment of people to heal themselves and to be free from suffering

Yoga of Recovery Durga Leela,2022-05-19 By offering an empowering personal program of self care in recovery this book provides guidance for everyone affected by widespread modern addictiveness The book explores Ayurveda s understanding of both the problem of our one addiction process and its solution It offers holistic techniques that enhance any of the traditional recovery pathways and beyond any of the common diet exercise dogma from mainstream media It

covers the stress addictive tendencies of the doshic types and links this to how stress affects metabolism the main determinant of health The program offered in the book is an integration of the philosophy psychology and physical practices of Yoga and Ayurveda to help people shift their life trajectory With Yoga of Recovery author Durga Leela presents a complete resource for working with individuals recovering from addiction **Yoga for Addiction** Katy Cryer,2020-11-01 Yoga provides a crucial ingredient for lasting recovery from addiction a way to relate to the body so that we can live in it comfortably without the need to numb it In Yoga for Addiction readers will find a gentle yoga practice that supports and complements traditional twelve step programs so they can manage emotions find freedom from addiction and live a more joyful life *Yoga and Science in Pain Care* Neil Pearson,Shelly Prosko,Marlysa Sullivan,2019-08-21 This book takes an integrated approach to pain rehabilitation and combines pain science rehabilitation and yoga with evidence based approaches from respected contributors They demonstrate how to integrate the concepts philosophies and practices of yoga and pain science in working with people in pain An essential and often overlooked part of pain rehabilitation is listening to working with learning from and validating the person in pain s lived experience The book expounds on the movement to a more patient valued partnership based biopsychosocial spiritual model of healthcare where the patient is an active and empowered participant as opposed to a model where the healthcare provider is fixing the passive patient It also explains how practitioners can address the entire human being in pain and how to include the person as an expert for more effective and self empowered care **Demystifying American Yoga** Sarah Hentges,2025-01-06 American yoga is often mis understood as elitist and exclusionary as a pursuit of fitness practiced by bendable beautiful bodies It is commodified and marketed as a variety of expensive brands and disposable trends The focus on the physical overshadows yoga s elements of conscious breath mindful meditation deep philosophy and transformative healing Or yoga is assumed to be a religious practice or just a bunch of stretching or unfettered appropriation Despite its popularity in the U S we are mostly unaware of yoga s ancient roots as well as its contemporary applications Drawing from her experience as a professor and yoga teacher the author of this book explores the marginalized feminist queer grassroots underground interconnected creative innovative and somatic elements of yoga that engage so many of us The author offers exploratory embodied practices mines diverse sources and asks critical questions about identity culture and power She asks us to consider what American yoga has to offer our individual and collective future and how we can leverage embodied practices toward transformation on and off of our yoga mats

**Yoga Journal** ,1995-02 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Yoga Psychology: The Science Of Mind, Emotion, And Consciousness** Dr. Dhananjay Kumar Jain, Yoga Psychology The Science of Mind Emotion and Consciousness is a concept

and in some cases a course or book centered on integrating the ancient wisdom of yogic philosophy with modern psychological insights This fusion explores how the mind works how emotions arise and can be managed and how consciousness can evolve through spiritual practice Asana and Pranayama to regulate energy and emotions Meditation Dhyana to gain mastery over the mind Self inquiry Svadhyaya to examine the roots of behavior and belief Detachment Vairagya and Discrimination Viveka as tools for inner freedom

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