

THE YOGA OF 12-STEP RECOVERY

Y12SR combines the practical tools of the 12-Step program with the ancient wisdom of yoga

YOGA
WEDNESDAYS
5:30 - 7:00 PM

Y12SR is a 12-step-based discussion and yoga practice that is open to anyone and everyone dealing with their addictive behavior or affected by the addictive behavior of others. This is an open and inclusive group.

Wear comfortable clothing.
Mats available.



Y12SR

The Yoga of 12-Step Recovery
The issues live in our tissues

Sussex County Recovery Community Center
65 Newton Sparta Rd., Newton, NJ
973-490-2966
centerforprevention.org/rcc

