

Yoga & Meditation



relax reflect restore

For individuals struggling with new sobriety as well as those with long-term recovery, meditation and yoga can greatly improve physical health, mental focus and homeostasis. For those also dealing with depression, anxiety, or related issues, these practices help relieve symptoms and improve overall well-being.

Healing Yoga for the Body and Mind

Join us for a slow, meditative, and strengthening session of Hatha Yoga for the mind, body, and soul.

Beginner Yoga & Meditation

Join us for an introduction to Hatha Yoga and Insight Meditation. These practices offer positive benefits for aiding in recovery from addiction and building mental wellness.

Slow Stretch Yoga for Addiction Recovery

Join us for this new slow, deep-stretch yoga class known as Yin Yoga. During this meditative class we will explore different aspects of the 12 Steps and sobriety from an Eastern Philosophy perspective.

Mondays with Sarah

Healing Yoga for the Body and Mind
6:30-7:45 pm

Tuesdays with Dominique

Beginner Yoga & Meditation
12:00-1:15 pm

Wednesdays with Sarah

Healing Yoga for the Body and Mind
6:30-7:45 pm

Thursdays with Dominique

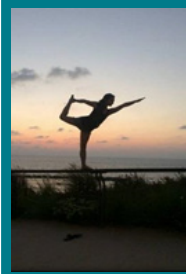
Beginner Yoga & Meditation
6:30-7:45 pm

Saturdays with Dominique

Slow Stretch Yoga for
Addiction Recovery
10:30-11:30 am



Dominique Sieglaff, E-RYT 200, is a registered Hatha Yoga teacher with the Yoga Alliance, and was certified by the Inland College of Yoga in Riverside, California. Dominique has taken a variety of advanced teacher training programs in the history, philosophy and practice of yoga; including courses in Yin Yoga, Kundalini Yoga, Bhakti Yoga, Mindfulness Practice, and the Science of Buddhist Meditation.



Sarah Gordon, RYT 200 and RYT 300, is a certified Hatha Yoga teacher. Certified by the Yoga Alliance. She studied yoga and meditation abroad at the Prana Yoga College; under the renowned yogis: Shakti Mhi and Pepe Danza. Combined with her passion for teaching and extensive training about chakra balancing, yoga, and meditation practice, Sarah hopes to share the restorative effects of Hatha Yoga with her students.

All are welcome, and no experience is necessary. Limited yoga equipment and mats are available on a first-come first-served basis; or you can bring your own yoga mat and props.

Please wear comfortable exercise clothing. Health waivers must be signed before beginning participation. \$5 suggested donation is welcome to help support the class.

Location

303 Jackson Hill St. • Houston, TX 77007
Room A116

713-942-4100 • www.councilonrecovery.org

