

# 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 balance. 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.

### *Slow Stretch Yoga for Awakening*

Join us for a relaxing and rejuvenating slow, deep stretch Yin Yoga Class. In this practice we will shift our perspective and awaken to new possibilities through meditative contemplation with the body, mind and spirit.

### *Mindful Yoga and Meditation*

Join us for an introduction to Beginner Level Classical Hatha Yoga and Yogic and Buddhist Meditation. These mindfulness-based practices offer proven benefits for aiding in recovery from addiction and building mental and physical wellness

### *Slow Stretch Yoga for Addiction Recovery*

Join us for this enriching slow, deep-stretch yoga class known as Yin Yoga. During this meditative class we will explore different aspects of recovery from an Eastern Philosophy perspective.

#### **Mondays with Sarah**

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

#### **Tuesdays with Dominique**

Slow Stretch Yoga for Awakening  
7:15-8:15 pm

#### **Wednesdays with Sarah**

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

#### **Thursdays with Dominique**

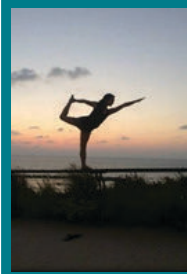
Mindful Yoga & Meditation  
6:30-7:45 pm

#### **Saturdays with Dominique**

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



**Dominique Sieglaff**, E-RYT 200 & YACEP, is a registered Hatha Yoga teacher and Continuing Education Provider with the Yoga Alliance. She was certified in 2007 by the Inland College of Yoga in Riverside, California. In her journey of recovery, 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](http://www.councilonrecovery.org)

