

# Yoga and Mindfulness for Recovery

*A Community-Based Program to Support People in All Stages of Recovery from Addiction*

**•Open to all and free of charge•**

All sessions are **FREE**, but class space is limited to 15. Please register to: [413-442-1521](tel:413-442-1521) x37 or [jkimball@berkshireplanning.org](mailto:jkimball@berkshireplanning.org).

For more information, please contact [aruni@rnetworx.com](mailto:aruni@rnetworx.com).

Join us in this six-session series that will provide support, insight, practice and hope for people living substance-free and sober, and for those still struggling with the pull of addiction. Learn practical strategies and tools to enhance sober living.

All forms of addiction, all levels of sobriety time—welcomed!

**Sessions are 90 minutes in length, and cover the following topics:**

The Addicted Brain/The Sober Brain • Outliving the Cravings • Checking In vs. Checking Out • Strategies for Sober Living • Quieting the Mind/Tools to Manage Anxiety • Living a Sober Life

*Each session will include guided meditation, gentle yoga flow, deep relaxation, and supportive instructions on living yoga “off the mat.”*

Yoga mats are not needed for this class; however, you may bring your own. We also have a limited number available for use.

The group facilitator is Aruni Nan Futuronsky. She is a senior faculty member at Kripalu Center for Yoga and Health, as she has been for 27 years. Aruni is a mindfulness and lifestyle coach specializing in addiction and behavior change, and the developer and director of the Yoga of Recovery program (which she has taught for 25 years). She has been living in recovery for 30 years.

Jennifer Kimball  
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*End the Stigma of Addiction, Support a #StateWithoutStigMA*