




Do you struggle with addictive behaviors? In relationship with those struggling with addictive habits? Have you ever been sober curious, but bristle at words like addict or unwell? If any of this sounds familiar, there's a pathway for those seeking the vitality and sweetness of life.

# Yoga of Recovery

*This 8 week class series (begins 5/1) integrates the ancient practices of Yoga and Ayurveda to address modern addictive habits.*

Each class will offer:

- Discussion on deeper causes of addictive habits and why we reach for substance or food during times of stress
- Compassionate space for sharing (always optional)
- Accessible postures, breathing and relaxation practices
- Simple, effective tools to guide everyday choices with a sense of clarity and empowerment



Teacher: Amber Davey has been teaching yoga for 10 years, and healing her own habits that bind since 2008. Finding self-compassion everyday is her life's work, and what inspires her to help others find theirs. She is a mother, wife, sister, and student.

**Where:** 5002 E. Central, suite B

**When:** Wednesdays 6:00–7:15p

**(May 1–June 26, no class May 22)**

**Cost:** \$75.00

*\*you will not be turned away for an inability to pay, please reach out.*

**Contact:** Amber at  
amber@heartlandyogini.com