

IS YOUR YOGA PROGRAM WORKING FOR YOU?

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Use the below questions to as an assessment tool help determine if you are optimizing the important resource of Therapeutic Yoga in your client's recovery program.

QUESTIONS TO ASK:

1. Why is Yoga an essential piece in a client's recovery program?

Just as talk therapy is important in the success of a client's recovery, the somatic healing benefits of Yoga are critical to move trauma out of the body. Many clients slip in to addiction to numb feelings or pain and disassociate from their body. Addiction is simply a result of the crisis of disconnection. Somatic healing through yoga and other mindful movement practices allow client's to safely learn how to recognize uncomfortable or painful emotions, teaches them new ways of gaining control of these thoughts and emotions, and connects mind body and spirit.

2. Upon admittance, are you informing clients and their families on the benefits of mindfulness offerings?

We can help you custom design an introduction differentiating your mindfulness offerings to win more business by differentiation. Many clients perceive Yoga as marketed in mainstream Western media making it intimidating and inaccessible to most clients in the early recovery community. Effective Yoga for Recovery classes aim to meet clients where they are both physically and mentally. Approaching clients and their loved ones upon admittance and educating them on the benefits as well as the effectiveness of yoga and mindfulness in recovery and relapse prevention is essential to a successful yoga program.

3. Are your classes mandatory or optional?

Many yoga classes can be billed through insurance when qualified addiction and recovery teachers are leading them.

4. Are your teachers properly qualified?

Seeking out Yoga professionals with the appropriate credentials and training in Trauma and Recovery Yoga can be integral in the success of your program. The language, attire, and sequencing a teacher offers is critical to

providing a safe space for the most vulnerable clients.

5. What is the frequency of your yoga and meditation offerings?

Discipline is one of the cornerstones of recovery. Often times our clients lives have become unmanageable as a result of hopelessness and lack of discipline. Progress seen through a regular yoga practice can increase self-esteem and instill the importance of a healthy routine which are all crucial to recovery and helping clients learn how to live a healthy happy life.

6. Are your clients being exposed to a variety of styles based on ability level and stage in recovery?

Yoga is an ancient tradition that has evolved over time resulting in multiple styles of yoga. Some traditions require more physical ability than others. Designing an effective recovery yoga program requires consideration for the client's ability and stage of recovery as well as consideration for any injuries and/or trauma.

7. Does your yoga program offer a continuation plan once the client is in active recovery and out of treatment?

Yoga is an effective relapse prevention tool for many who struggle with addiction. Upon completion of their recovery programs, many clients express that yoga was a critical piece of their recovery. Additionally, once in active recovery, many clients are able to find a community supportive of their sobriety in local yoga studios. We can help put together an action plan for clients who demonstrate the willingness and desire to continue their journey with yoga even after they return home.

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