

THE SOUL CENTER PRESENTS

Yoga of Recovery

With Durga Leela

Yoga of Recovery is the first comprehensive course to combine Ayurveda and Yoga with traditional recovery tools to offer a more holistic mind, body, spirit approach to addictions, eating disorders and all self-destructive behaviors.

Bringing the west (neuroscience and 12 Steps) and the East (Yoga and Ayurveda) together offers a truly empowering approach to counseling those who embark on a program of recovery. It is the evolution of the solution.

18 Hour Workshop: July 10 - 12th. For anyone and everyone who has ever said - "I think I have an addictive personality."

50 Hour Training Course for yoga teachers and counseling professionals: July 10th -16th. Upon completion of the course you will have the skills to introduce the healing potential of the holistic sciences of Ayurveda and Yoga into your own life and those of your students and clients. As a Yoga Professional this course will make you uniquely qualified and more confident to teach yoga in rehabs or to people in recovery from any addiction.

To register visit www.soulofyoga.com/yoga-recovery or call Dawn at (760) 271-7001

**Starting
July 10th, 2015**




SOUL OF YOGA
Your Space for Re-Discovery