

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

Six-session series providing support, insight, practice and hope for people living substance-free and sober, and those 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!

Series 1

Hinsdale Town Hall
39 South St, Hinsdale, MA

Wednesdays, 1:30-3 pm
September 6, 13, 20, 27;
October 4, 11

Series 2

United Methodist Church
755 Main St, Dalton, MA

Wednesdays, 1:30-3 pm
October 18, 25;
November 1, 8, 15, 22

Series 3

Windsor Town Hall
1890 Rt 9, Windsor, MA

Thursdays, 12:00-1:30 pm
November 2, 9, 16, **24**, 30;
December **8 (Fridays)**

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

Outliving the Cravings • Checking In vs. Checking Out •
Tools for Sober Living • Quieting the Mind/Tools to Manage Anxiety

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

No equipment or experience necessary

The group facilitator is Aruni Nan Futuronsky, a senior faculty member at Kripalu Center for Yoga and Health for 28 years. Aruni is a mindfulness and lifestyle coach specializing in addiction and behavior change. She has been living in recovery for 31 years.

All sessions are **FREE**, but space is limited to **15**.
Please register to **413-442-1521 x28** or **ekirby@berkshireplanning.org**.
For more information, please contact **aruni@rnetworx.com**.

BOAPC

Berkshire **Opioid Abuse Prevention** Collaborative

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