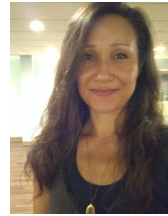


# Thrive Recovery Yoga



With Stevie Fruehling, RYT, CSC-AD, ACE CPT

Come experience the next level of recovery. Out of the chaos and confusion comes clarity, vitality, confidence, and gratitude. Yoga teachings parallel and enhance the effects of successful recovery models. Through practice, participants learn to access a place of centeredness, authentic joy, and true peace. Whether you have battled addiction yourself, or have cared for loved ones in active addiction, this group will support your recovery path. While it is not intended to replace your existing supports, TRY opens up sustainable ways to enjoy life.

Discover complete freedom and liberation from negative cycles and thought processes. Be enlivened by a compassionate and caring community. Give yourself a well-deserved break and find palpable relief from the all-encompassing toxicity of addiction.

It is time to THRIVE, not just survive. Come feel great every Friday night!

- ◆ Weekly Recovery Topics
- ◆ Individual Shares
- ◆ Inspiration
- ◆ Yoga, Mindfulness & Meditation

Friday Nights

7:00-8:15 p.m.

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- ◆ All Recovery Communities Welcome
  - ◆ Anonymity Observed
  - ◆ Beginners Encouraged—Experience Not Necessary
  - ◆ Bring Yoga Mat, Blankets, Props, etc. if Desired
  - ◆ Donation-based Offering



Gampopa Center of Annapolis

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