

12 Steps Yoga

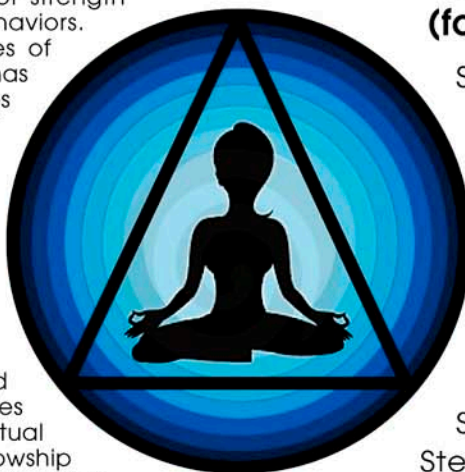
Postures and Principles for Balanced Living

with

Meredith Medland

12 StepsYoga.com is balanced living in the "fourth dimension" - with yoga as a source of strength for recovery from any addictive behaviors. The class focuses on the 12 principles of AA combined with Level I/II asanas while using positive language & cues to emphasize balance. Instead of ending with a tradition "Namaste" and ohming, this class ends in a circle with the Serenity prayer and includes a 15 minute window for guided connection with other students.

These two workshops are designed to expose new students to the closed 12 week program, opening in January, which meets weekly and offers a deeper focus on the principles and postures associated with spiritual living as well as the cultivation of fellowship within the yoga/recovery community. Although the class is open to anyone who wants to bring more balance into their lives, Meredith often shares intimate & engaging stories about new viewpoints she learned in her recovery process while being on the mat.



12 Steps & Associated Principles (for Balanced Living):

- Step One: Honesty
- Step Two: Hope
- Step Three: Faith/Surrender
- Step Four: Courage
- Step Five: Integrity
- Step Six: Willingness
- Step Seven: Humility
- Step Eight: Love
- Step Nine: Discipline
- Step Ten: Perseverance
- Step Eleven: Awareness
- Step Twelve: Service/Charity

Two Sundays:

September 27th and October 25th, 2009

6:30-8:30pm • \$20 each session



Photo Credit: Rachel S. Thurston

MEREDITH MEDLAND is an experienced yoga instructor and health and wellness coach, who is an active member of 12-step fellowship. Today, Meredith focuses on being "in balance" and practicing these 12 principles as she continues to heal from body image distortions, food allergies and addictive behaviors which flare when she does not take the time to slow down, connect with her higher power and breathe.

In a recent article in Yoga Journal Meredith Medland is quoted, "It's my deepest desire," she says, "to help people fall in love with themselves through falling in love with their bodies." Meredith has coached the San Francisco team for Dr. Phil's Weight Loss Challenge, and has been nationally recognized in Health and Fitness magazines. She is a natural and vibrant motivational instructor with more than ten years of experience studying the use of language to empower peak performance in body-based activity.

Meredith's adventures over the years include: meditation training in Bhutan, spinning certifications through Johnny G, yoga certifications through the YogaWorks in Mill Valley (Yoga Studio Mill Valley), LMT/CMT through the Alive and Well Conscious Bodywork School of Massage, Transformative Somatic Therapy work through the Pacific School of Healing Arts, 12-step recovery from food addiction, personal training certification with the National Academy of Sports Medicine, member of several somatic-based communal living research studies and Black Belt candidacy in the Korean martial art, Dynamic Circle Hapkido through Hapkido International at Martial Arts Family Fitness in Santa Barbara.

You can listen to Meredith's talk show, "Living Green: : EveryBODY Inspired to Succeed" and learn more about her unique journey into the world of health and healing. Meredith's classes focus on health and wellness, faith and cultivating a personal relationship with God. Class is accompanied by podcasts found at www.LivingGreenShow.com. Additional info at www.EveryBodyInspired.com or 12stepsyoga.com.

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