

Inpatient & Outpatient Classes in Yoga for Recovery

offered by **Katie Tandon**,
MA, CEAP, CACD, LPC, CCAP, RYT, CMT

The practice of yoga has for thousands of years offered means to bring purity to the physical body, calm to the mind and awareness of spirit to practitioners.

Yoga offers an excellent adjunctive therapy for the treatment of addictions. Yoga's ability to counteract physical and mental stress is unparalleled because of the combination of physical postures, relaxation techniques, breathing techniques and meditation.

Yoga classes specifically designed for those in recovery offer the opportunity to pursue holistic wellness in a positive, social context while developing a means of gentle self-inquiry, conducive of relaxed bodies, clear mind states, self acceptance and deeper spiritual reflection.

Thirty years of research demonstrate conclusively that the addition of yoga and meditation to addictions treatment greatly improves outcomes and significantly lowers relapse rates. Read Katie's recent lead article published in Counselor Magazine September/October issue, 2007.



It is a fine gift to the self we give when we discover our innate potential for expansion. It's free. We already own it.

Katie Tandon is now offering inpatient and outpatient therapeutic yoga classes, specifically designed for those in recovery. Katie has been a certified yoga instructor since 1983. She is registered with the Yoga Alliance (RYT), and a Professional Member of the International Association of Yoga Therapists. This experience, combined with many years' expertise and licensure/certification as a therapist and addictions counselor uniquely qualify her to lead those in recovery through the supportive, holistic healing techniques of yoga and meditation.

The twelve steps of AA/NA recovery include a spiritual context and recommend prayer and meditation without giving instructions for learning meditation. Yoga offers the optimum tools for learning such meditations through a curriculum that makes meditation easy to learn for anyone, and easy to practice. Remember that all meditative practices were built from the common root of yoga philosophy and practice, which have survived for thousands of years as a way to optimize health physically, mentally, and if you so choose, spiritually.

Katie is available to conduct inpatient classes in therapeutic yoga for rehabilitation at your location, to teach workshops in meditation as adjunctive therapy to mental health professionals and to present on these topics for professional groups.

Outpatient classes in therapeutic yoga and meditation are being offered by Katie currently at two locations:

- ◆ Montgomery County, at The Center for Optimal Health (www.c4oh.org).
- ◆ Chester County, at Simply Yoga (www.Simplyyogastudios.com).

For more information contact Katie at lighton@katiетandon.net or go to www.katiетandon.net



Katie Tandon

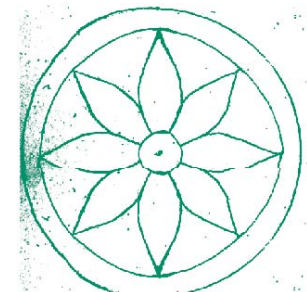
MA, CEAP, CACD, LPC, CCAP, RYT, CMT

Phone: 484-995-9262
email: lighton@katiетandon.net
www.katiетandon.net

- Licensed Holistic Counselor
- Therapeutic Yoga Instructor
- Meditation Teacher
- Certified Massage Therapist

Yoga for Recovery

**ADJUNCTIVE THERAPY FOR
INPATIENT & OUTPATIENT TREATMENT**



Physical Benefits

Performing yoga postures brings strength and flexibility to muscles, releasing tension lodged in them, and coordinating how muscles interact with one another, heightening coordination and lessening the possibility of injury. Many people overcome back injuries or chronic pain by regular practice of yoga postures.

These physical practices of yoga, called asanas, stimulate the internal organs and systems of the body that have often been compromised by substance abuse, bringing energetic balance, blood flow and greater oxygenation to the adrenal, endocrine, lymphatic, circulatory, metabolic, hormonal and digestive systems, greatly enhancing the health of the physical body.

The mind and body are not separate entities, though there is a tendency to think and act as if they are. The gross form of the mind is the body, and the subtle form of the body is the mind. The practice of asana integrates and harmonizes the two.

–Dr. Rishi Vivekananda

The breathing and relaxation techniques of yoga stimulate the parasympathetic nervous system response, cultivating calm and balance in the energetic system of the body, and stimulating in particular the pineal, thyroid and pituitary glands that manage many bodily functions. In this state of balance and calm, the body's nervous system is able to allow utilization of resources for internal 'house cleaning,' rather than for external monitoring, and thereby optimizes functioning of the immune, lymphatic and digestive systems, heightening the body's ability to relieve itself of toxins (often residual in the system from substance abuse) that cause illness, imbalance and mood swings.



Emotional Benefits

While yoga promotes the unity of mind and body, inspiring us to become more aware of the functioning of the body and its connection to mind, it also allows us the ability to go deeper into ourselves and realize our sole identification with our bodies is a misnomer—that much of who we are lies in the deeper aspects of self, the mind and the spirit. The practice of yoga, moreover, with its focus on awareness, forces us into being present in the moment, so we learn to live in the now, and joy in it.



The meditative and concentrative practices of yoga create a forum for self-awareness, promote self-esteem via knowledge of the deeper aspects of self, greatly encourage calm and impulse control, and provide inroads to the healing of old wounds and fears by encouraging slowly evolving access to the subconscious cushioned by states of deep relaxation and peace.

These deeply peaceful mind-states are themselves therapeutic, as they allow a deep sense of well-being and even bliss, teach us much about the potentials innate within us, and open the possibilities for self-stimulation of things like freedom from fear and pain and access to peace and even euphoria without drugs. And all this occurs during practices that promote insight, calm and internal locus of control.

The intuitive mind is a sacred gift, and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.

–Einstein

About Katie Tandon

Katie Tandon is a Licensed Practical Counselor and Certified Addictions Counselor Diplomate, a Certified Child and Adolescent Psychotherapist, as well as a Certified Employee Assistance Professional. She has worked in the field of mental health and for more than 25 years. During that time, she has worked as a University Instructor, in research on the Addictions Severity Index, worked as Emergency Service Coordinator managing Mental Health and Substance Abuse contracts in Managed Care, been Clinical Director of a national Employee Assistance Program, and done outpatient counseling for the past 11 years. Katie now has a private practice in counseling individuals, couples, children, teens and recovering addicts in a holistic, eclectic, clinical format in three locations.



Katie has also been teaching yoga for more than 25 years, including therapeutic yoga and meditation. She runs a private practice in providing individual therapeutic yoga sessions as well as teaching many levels of classes to all kinds of students in several locations. Katie has a deep grounding in non-denominational spiritual philosophy and practice. Her study of meditation has continued for nearly 30 years in many contexts, and she has studied and practiced meditation techniques with world-renowned teachers in the traditions of Yoga, Taoism, Buddhism and Sufism. Katie offers free workshops in meditation to the community several times a year. She also designs and presents corporate seminars, is a Certified Massage Therapist and published author.

**The thought manifests as the word;
The word manifests as the deed;
The deed develops into habit;
And habit hardens into character.
So watch the thought and its ways
with care, And let it spring from love
Born out of concern for all beings.
–The Buddha**