



Yoga to Help with Addiction

What is Yoga and how does it work

Yoga is a systematic method for increasing and maintaining physical and emotional health. It uses postures, breathing exercises and simple forms of meditation.

Yoga can help reverse some of the downward spirals that we sometimes find ourselves sliding down.

How can it help?

Yoga enhances self-awareness both on the physical and the mental level so that we can observe our thoughts and feelings without acting on them

Develops patience and tolerance which ultimately leads to impulse control

It elevates moods and creates a sense of well being; reduces anxiety and mood swings; strengthens feelings of joy, peace

It creates an energy that encourages motivation

When we take care of our body, mind and spirit we do not have to fill the void with outside desires. Yoga is a way to repair from the inside out and leaves us feeling stronger physically and mentally.

With each session we build up strength to break through old patterns, past conditioning and limiting self-beliefs, so we can face our challenges with equanimity and compassion.

It encourages connection with something that is bigger than ourselves – universe, nature, a god. Addiction creates a feeling of isolation, aloneness and disconnection: yoga cultivates a connection, receptivity and openness.

It increases alpha waves, promoting a more optimistic outlook

It increases the feel good hormones prolactin and oxytocin and reduces the stress hormone cortisol

It inhibits the dopamine production and so helps decrease cravings

It provides a proactive and empowering set of tools for self management of physical and physiological symptoms giving us greater self awareness and self acceptance activating our innate healing capacities and deepening our sense of inner power

CALM THE MIND. STRENGTHEN THE BODY. DEEPEN THE BREATH.

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About the sessions

We start the sessions by bringing our attention to where we are now, guiding the mind away from its daily thoughts by using the physical sensations of the body and the rhythm of the breath, each session then contains a mixture of posture designed to

- lengthen and twist - to eliminate the toxins
- cultivate an ability to feel grounded so we are more in touch with our bodies
- build up core stability
- strong postures – these connect us to our inner power so we can more readily face the daily challenges of life
- energise the chest - so we are more connected to the heart and can breath more freely
- restorative and inverted postures - to nurture ourselves and rebalance the hormone system

I feel that this combination covers a wide scope of the issues faced by addictive behaviours. In learning these techniques we will have a routine and a set of tools that we can take and use out in the world leaving us feeling looked after, aware and empowered.

About Christina Sage

I have studied and taught yoga for 15 years and it has played a vital role in my life. I have used it to face both the harder and the daily challenges that life throws up. If it had not been for my practice I would not have found the strength and stability I enjoy now. It is because of this that I would like to share these tools with others, encouraging and enabling deeper peace.

The methods I teach have developed whilst I have been working within the mental health and substance misuse field, with groups from Oxfordshire MIND, Dominion Housing, Cranstoun and Restore.

“Christina’s Yoga is gentle and effective with a number of our clients reporting positive and beneficial effects” Conroy Harris, Acorn MIND

“Very relaxing and could be of use to me in the future. Found the tutor very helpful” Client from Dominion Housing

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