

Yoga & Addiction 3-Day Recovery Retreat

September: Friday 9-16-2011, Saturday 9-17-2011 & Sunday 9-18-2011
January: Friday 1-13-2012, Saturday 1-14-2012 & Sunday 1-15-2012

Sponsors:

Denise Glueck

&

Soraya Sukkariyyah



Yoga Moves

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Day 1

“A journey of a thousand miles begins with a single step.” ~Lao-tzu

- 9:00 – 11:00 a.m. **Welcome, Introduction, Presentation of Program (Sponsors Denise Glueck & Soraya Sukkariyyah):**
- ❖ **Introductory Lecture on Yoga & History with Denise** - Yoga is a means to discover your truth. Yoga gives us the tools to align the body, mind, and soul. It is a journey towards self discovery. The physical practice helps to strengthen, stretch, and align the body. Breathing exercises reduce stress while expanding your energy. Meditation, concentration, and visualization help us understand the mind and the causes of suffering. By discovering our essential nature, we can rise above old patterns and see life from a new perspective. Yoga teaches us to be the master, not the slave, to be empowered, and to love and accept ourselves.
 - ❖ **Introductory Lecture on Addiction Recovery with Soraya**
- 11:00 – 12:00 p.m. **Restorative Yoga with Denise**
Embracing the therapeutic approach to yoga, Denise weaves the principles of balance and alignment with mindfulness, breath, and movement into a free flowing class. Students are encouraged to explore their edge with gentleness, yet she challenges her students to contact their power. Using the poses to connect with the earth and open the heart, the breath to expand the vital life energy, and Meditation to free the mind and connect with spirit.
- 12:00 – 2:00 p.m. **Lunch**
- 2:00 – 3:00 p.m. **Addiction & Recovery Techniques with Soraya “Skippy”**
****Group Participation Encouraged****
- 3:00 – 4:00 p.m. **Yoga with Denise**
- 4:00 – 5:00 p.m. **Lecture with Fred Williams CAP, ACSW, LCSW**
All the answers are within you. This lecture will include personal experience, research, and training on how addiction is a false path to your well-being and happiness. When we realize our addiction, we can then find our true path. Fred has served on the Board of the Florida Society of Clinical Hypnotherapists and is currently a Council Member of Westcare.

Day 2

“To be prepared is half the victory to wellness.”

9:00 – 10:00 a.m. **Yoga with Denise**

10:00 – 11:00 p.m. **Lecture with Soraya on Addiction Recovery Steps –**
The answers are inside...



11:00 – 12:00 p.m. **Sound Therapy for Healing with Rosie Warburton**
Vibration is the root of creation. The effects of sound are physiological, psychological, cognitive and behavioral.

12:00 – 2:00 p.m. **Lunch**

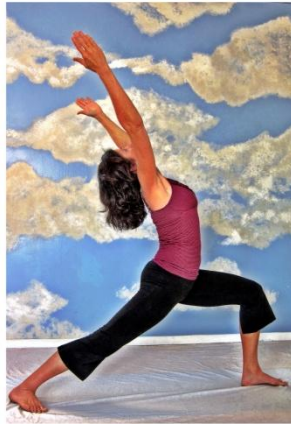
2:00 – 3:00 p.m. **Lecture with Soraya**
****Group Participation Encouraged****

3:00 – 4:00 p.m. **Fundamentals of Yoga with Tara**
Establish a solid ground and reveal your inner warrior. All 8-limbs of Yoga are integrated to bring wholeness and alignment in body, mind, and spirit.

4:00 – 5:00 p.m. **Addiction Recovery Techniques with Harold Lawler III M.D.**
Learn recovery techniques in conjunction with medical therapy to guide you in recovering from the de-habilitating and damaging effects of addiction.

Day 3

“Large victories are a series of small victories over time.”



9:00 – 10:00 a.m. **Yoga with Denise**



10:00 – 11:00 p.m. **Bowl Music by Rosie Warburton**

11:00 – 12:00 p.m. **Talk & Journaling with Author Ricky Roberts III**
Ricky is the author of three books, “YOU”, “WHAT REALLY MATTERS?”, and “WHERE DID THE GIFT GO”. He uses his own experiences to inspire others on life’s journey.

12:00 – 2:00 p.m. **Lunch**

2:00 – 3:00 p.m. **Lecture**

3:00 – 3:15 p.m. **Closing with Denise & Soraya**

3:15 – 4:00 p.m. **Questions, Discussion & Tea**