

YOGA AND RECOVERY SYMPOSIUM: HEALING FROM ADDICTION AND EATING DISORDERS

DAY 1: SEPT 23

9:00AM - 9:10AM
Welcome to the Yoga and Recovery Symposium
9:10AM - 10:00AM
The Human Cost: Healing People, Families, and Communities <i>By: Chelsea Roff and Nikki Myers</i>
10:00AM - 10:05AM
Mindfulness Practice
10:05AM - 10:15AM
A Story Of Strength, Hope, and Recovery <i>By: Special Guest</i>
10:15AM - 11:05AM
Breaking The Cycle: Understanding The Social and Systemic Causes Of Addiction <i>By: Special Guest</i>
11:05AM - 11:15AM
Mindful Movement Break
11:15AM - 12:05PM
Confronting Addiction With Compassion and Tipping The Pain Scale <i>By: Greg Williams</i>
12:05PM - 12:55PM
Yoga For Eating Disorders: The Science Behind Embodied Movement <i>By: Tracy Tylka, PhD and Catherine Cook-Cottone, PhD</i>
12:55PM - 1:00PM
Closing Remarks
1:10PM - 1:40PM
Community Space <i>Hosted By: ANAD</i>

DAY 2: SEPT 24

9:00AM - 9:10AM
Welcome to Day 2
9:10AM - 9:20AM
Special Address <i>By: Special Guest</i>
9:20AM - 10:10AM
The Neuroscience Of Sustainable Recovery <i>By: Jill Bolte Taylor</i>
10:10AM - 10:20AM
Mindful Movement Break
10:20AM - 11:00AM
Eating Disorders Across The Gender Spectrum: Supporting Boys and Men <i>By: Jason Nagata, MD</i>
Dancing Into The Body: Supporting Clients With Dissociation <i>By: Dr. Jamie Marich and Alicia Hann</i>
Eating Disorders: How and Why Yoga Supports Prevention and Treatment <i>By: Dianne Neumark Sztainer, PhD</i>
Q&A With Community <i>By: Jill Bolte Taylor and Nikki Myers</i>
11:00AM - 11:10AM
Mindful Break
11:10AM - 12:25PM
Men's Experiences Panel: Healing From Addiction And Eating Disorders <i>By: George Mycock, James Downs, Rolf Gates, and Taylor Hunt</i>
12:25PM - 12:55PM
Yogic Philosophies That Support The Recovery Path And Mindful Practice <i>By: Eddie Stern</i>
12:55PM - 1:00PM
Closing Remarks
1:10PM - 1:40PM
Community Space <i>Hosted By: She Recovers Foundation</i>

DAY 3: SEPT 25

8:20AM - 8:50AM
Community Space <i>Hosted By: Minded Institute and Yoga in Healthcare Alliance</i>
9:00AM - 9:10AM
Welcome to Day 3
9:10AM - 9:20AM
Yoga In Whole Person Health: Research Across Multiple Interconnected Domains <i>By: Dr. Helene Langevin</i>
9:20AM - 10:10AM
Yoga As A Path To Generational Healing: Exploring The Success Of Experiential Approaches In Communities Of Color <i>By: Mark Sanders</i>
10:10AM - 10:20AM
Mindful Break
10:20AM - 11:00AM
Ancient Healing For A Modern Illness: How Yoga Has Transformed Eating Disorder Recovery <i>By: Carolyn Costin</i>
Ancient Wisdom, Modern Knowledge: Integrating Yoga And Ayurveda With Modern Recovery Tools For Addiction <i>By: Durga Leela</i>
The Body as Portal for Healing Trauma: Somatic Healing <i>By: Inge Sengelmann</i>
From Surviving To Thriving: The Role Of Yoga, Meditation, And Breathwork In Addiction Recovery <i>By: Tommy Rosen</i>
Yoga Therapy As A Component Of Integrative Care For Addiction In Veterans <i>By: Dr. Jayashree Pathak</i>
11:00AM - 11:10AM
Mindful Break
11:10AM - 12:25PM
Men's Experiences Panel: Healing From Addiction And Eating Disorders <i>By: George Mycock, James Downs, Rolf Gates, and Taylor Hunt</i>
9:00AM - 9:10AM
Closing Remarks

All times listen in EST

REGISTER