# Yoga and Recovery Symposium: Healing From Addiction and Eating Disorders

## Day 1: Sept 23
- **9:00 AM** | Welcome to the Yoga and Recovery Symposium
- **9:10 AM** | The Human Cost: Healing People, Families, and Communities  
*By: Chelsea Roff and Nikki Myers*
- **10:00 AM** | Mindfulness Practice
- **10:05 AM** | Yoga for Eating Disorders: The Science Behind Embodied Movement  
*By: Tracy Tyka, PhD and Catherine Cook-Cottone, PhD*
- **10:15 AM** | A Story Of Strength, Hope, and Recovery  
*By: Special Guest*
- **11:05 AM** | Mindful Movement Break
- **11:15 AM** | Confronting Addiction With Compassion and Tipping The Pain Scale  
*By: Greg Williams*
- **12:05 PM** | Breaking The Cycle: Understanding The Social and Systemic Causes Of Addiction  
*By: Russell Brand*
- **12:55 PM** | Closing Remarks
- **1:10 PM** | Meet and Greet Space  
*Hosted By: ANAD*

---

## Day 2: Sept 24
- **9:00 AM** | Welcome to Day 2
- **9:10 AM** | Special Address  
*By: Special Guest*
- **9:20 AM** | The Neuroscience Of Sustainable Recovery  
*By: Jill Bolte Taylor*
- **10:10 AM** | Mindful Movement Break
- **10:20 AM** | Eating Disorders Across The Gender Spectrum: Supporting Boys and Men  
*By: Jason Nagata, MD*
- **11:05 AM** | Dancing Into The Body: Supporting Clients With Dissociation  
*By: Dr. Jamie Marich and Alicia Hann*
- **11:15 AM** | Eating Disorders: How and Why Yoga Supports Prevention and Treatment  
*By: Dianne Neumark Sztainer, PhD*
- **11:55 AM** | Q&A With Community  
*By: Jill Bolte Taylor and Nikki Myers*
- **12:25 PM** | Mindful Break
- **12:35 PM** | Men’s Experiences Panel: Healing From Addiction And Eating Disorders  
*By: George Mycock, James Downs, Rolf Gates, and J-P Rowley*
- **12:55 PM** | Yogic Philosophies That Support The Recovery Path And Mindful Practice  
*By: Eddie Stern*
- **1:10 PM** | Closing Remarks
- **1:10 PM** | Meet and Greet Space  
*Hosted By: She Recovers Foundation*

---

## Day 3: Sept 25
- **8:20 AM** | Meet and Greet Space  
*Hosted By: Minded Institute and Yoga in Healthcare Alliance*
- **9:10 AM** | Welcome to Day 3
- **9:20 AM** | Yoga In Whole Person Health: Research Across Multiple Interconnected Domains  
*By: Dr. Helene Langevin*
- **10:10 AM** | Yoga As A Path To Generational Healing: Exploring The Success Of Experiential Approaches In Communities Of Color  
*By: Mark Sanders*
- **10:55 AM** | Mindful Break
- **11:00 AM** | Ancient Healing For A Modern Illness: How Yoga Has Transformed Eating Disorder Recovery  
*By: Carolyn Costin*
- **11:10 AM** | Ancient Wisdom, Modern Knowledge: Integrating Yoga And Ayurveda With Modern Recovery Tools For Addiction  
*By: Durga Leela*
- **11:55 AM** | The Body as Portal for Healing Trauma: Somatic Healing  
*By: Inge Sengelmann*
- **12:05 PM** | From Surviving To Thriving: The Role Of Yoga, Meditation, And Breathwork In Addiction Recovery  
*By: Tommy Rosen*
- **12:25 PM** | Yoga Therapy As A Component Of Integrative Care For Addiction In Veterans  
*By: Dr. Jayashree Pathak*
- **12:55 PM** | The science and application of Eat Breathe Thrive: A novel, yoga-based program for positive embodiment  
*By: Esther Estey, PhD*
- **1:10 PM** | Mindful Break
- **1:10 PM** | Panel Discussion: Creating Access Through Health Policy  
*By: James Marzolf, John Kelly, Susan Broderick and Sarah Murphy*
- **1:55 PM** | Closing Remarks