

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

DAY 2: SEPT 24

9:00 AM	Welcome to Day 2
9:10 AM	Special Address <i>By: Special Guest</i>
9:20 AM	The Neuroscience Of Sustainable Recovery <i>By: Jill Bolte Taylor</i>
10:10 AM	Mindful Movement Break
10:20 AM	Eating Disorders Across The Gender Spectrum: Supporting Boys and Men <i>By: Jason Nagata, MD</i>
PARALLEL SESSIONS	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>
11:00 AM	Mindful Break
11:10 AM	Men's Experiences Panel: Healing From Addiction And Eating Disorders <i>By: George Mycock, James Downs, Rolf Gates, and J-P Rowley</i>
12:25 PM	Yogic Philosophies That Support The Recovery Path And Mindful Practice <i>By: Eddie Stern</i>
12:55 PM	Closing Remarks
1:10 PM	Meet and Greet Space <i>Hosted By: She Recovers Foundation</i>

DAY 3: SEPT 25

8:20 AM	Meet and Greet Space <i>Hosted By: Minded Institute and Yoga in Healthcare Alliance</i>
9:00 AM	Welcome to Day 3
9:10 AM	Yoga In Whole Person Health: Research Across Multiple Interconnected Domains <i>By: Dr. Helene Langevin</i>
9:20 AM	Yoga As A Path To Generational Healing: Exploring The Success Of Experiential Approaches In Communities Of Color <i>By: Mark Sanders</i>
10:10 AM	Mindful Break
10:20 AM	Ancient Healing For A Modern Illness: How Yoga Has Transformed Eating Disorder Recovery <i>By: Carolyn Costin</i>
PARALLEL SESSIONS	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>
	The science and application of Eat Breathe Thrive: A novel, yoga-based program for positive embodiment <i>By: Esther Estey, PhD</i>
11:00 AM	Mindful Break
11:10 AM	Panel Discussion: Creating Access Through Health Policy <i>By: James Marzolf, John Kelly, Susan Broderick and Sarah Murphy</i>
12:25 PM	Closing Remarks

All times listed in Eastern Standard Time

REGISTER