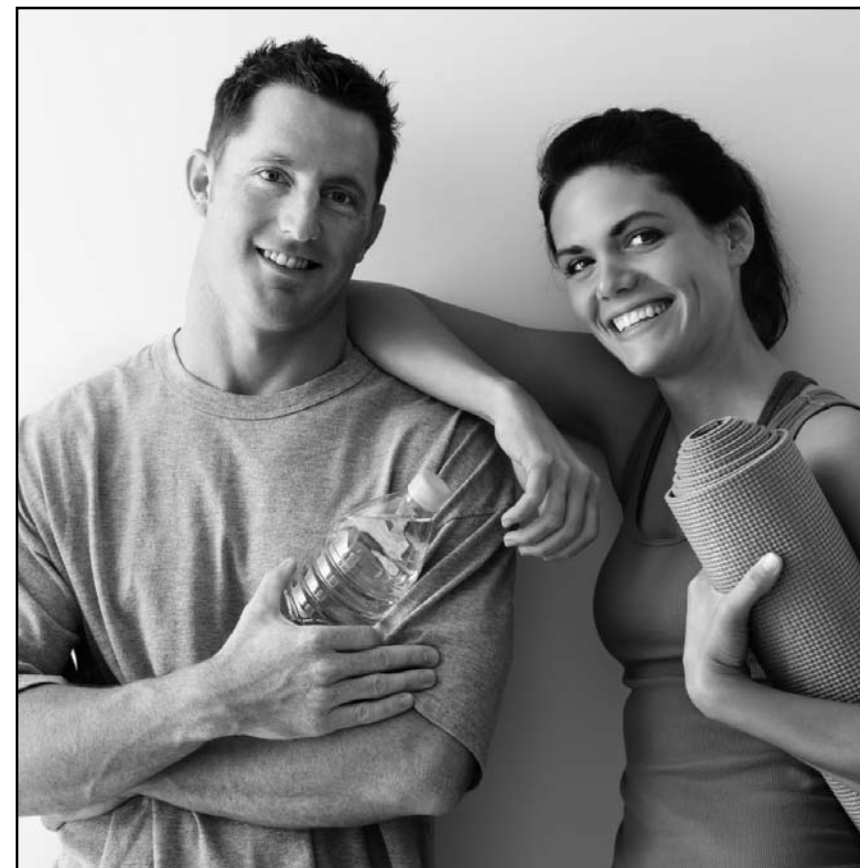


YogaMedics

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www.yogamedics.net



Y o g a M e d i c s

Experiential Therapeutic Recovery



19.5 million Americans over the age of 12 use illegal drugs.

There are no quick fixes for addiction. Recovery is an ongoing process. The coping skills learned through YogaMedics ETR **must be learned and incorporated into everyday living.**

For more information or to schedule an onsite demonstration, contact YogaMedics today!

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ETR programs explore self-awareness, presence, mindfulness, coping, relaxation and forgiveness through these methods:

- Gentle physical exercise
- 12-step-inspired sharing
 - Personal writing
- Facilitated group discussion

All recovery is guided by a holistic approach to healing. Supported by existing models and therapies that address the addiction, YogaMedics ETR teaches solid coping mechanisms to help participants replace detrimental dependencies with good behaviors.





YogaMedics complements other treatment models!



Created in 2006, YogaMedics provides one-of-a-kind evidence-based healing. Customized rehabilitative and recovery models meld age-old philosophies with cutting-edge research for a comprehensive approach.

YogaMedics uses the collaborative wisdom of physicians, yoga experts, psychologists and other highly trained individuals to address addiction and assists participants on the path toward lifelong recovery.

HOW IT WORKS

- Your facility staff will be given an orientation to help support and direct participants to create congruency between message and method.
- YogaMedics trained providers work with treatment centers and therapists toward holistic recovery.
 - Patients and providers monitor progress.
- Participants learn healthy ways to deal with stress and tension, boosting internal coping skills.

