



In Person (Center) & Online

Y12SR Yoga

Y12SR "connects the dots" between the ancient wisdom of yoga, the practical tools of 12-step programs, and the latest research on trauma healing and neurobiology. The program serves all people, including loved one's, addressing the physical, mental and spiritual aspects of recovery. This is a 1.5 hour class that includes a 12 step-based discussion and yoga practice.

Sundays 7pm - 8:30 pm

51 Cole Parkway, Scituate 02066

Zoom ID: 194 335 786 PW: sspr

Facilitator: Kathleen Picardi

Kathleen Picardi is a yoga instructor and a woman in long term recovery. She teaches yoga to students of all ages and abilities throughout the South Shore, including Beach Street Preschool, Scituate Racquet Club, Weymouth Club, The Yoga Room in Norwell, Rockland Senior Center and the Special Needs Athletic Program (SNAP) in Hingham. Kathleen received her Y12SR Certification in 2016 and is thrilled to share that practice with the South Shore Peer Recovery community.