

New Janesville Meeting

Y12SR

The Yoga of 12 Step Recovery

Strengthening the CORE of All 12 Step Recovery

Y12SR Motto: “The issues are in our tissues!”

Using YOGA & the 12 Steps:

Y12SR is an all-inclusive meeting, meaning anyone working, *or willing to work*, any other ‘Anonymous’ program is welcome to attend and participate. Y12SR is adjunct to, *not a replacement for*, other 12 Step groups, meetings or a sponsor.

- Who? **YOU!**
- What? Y12SR Meetings have two parts: a 45 minute step or topic discussion meeting followed by a 45 minute yoga session.
- Where? 12x12 Drop-In Club, 404 W. Delavan Drive, Janesville, WI
- When? Wednesdays: 4:30 p.m. – **Arrive Early**
- Why? For More Info go to Facebook: Y12SR Recovery Janesville
Or contact Jim M. - 608/728-2341