



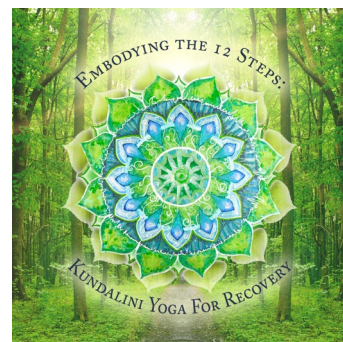
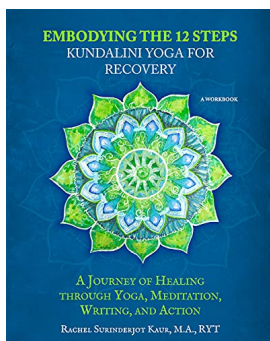
EMBODYING THE 12 STEPS: KUNDALINI YOGA FOR RECOVERY

Over 250 Americans died of drug overdoses every day in 2020. Countless others were lost to alcohol and accidents linked to substance use. We are losing the fight in an epidemic of addiction that impacts individuals, families, the economy, national security, and those in the helping professions like doctors and counselors. With several loved ones dealing with addiction, as well as being an alcoholic and addict myself, I know the struggle firsthand. Without 12 Step programs, and the practice of yoga and meditation, I likely would not be here today. Because of this, I have created a program which blends the 12 Steps with Kundalini Yoga and Meditation, called Embodying the 12 Steps: Kundalini Yoga for Recovery (KY12).

We know that 12 Step programs have helped countless millions recover from addiction, and that yoga, meditation and mindfulness are proven to increase health outcomes. KY12 leverages the benefits of both programs in a way which is structured, specific, easy to follow, and non-denominational. It is geared towards those new to recovery, or those wishing to explore a yogic framework to support their 12 Step recovery. The pairing of Steps with embodied practices is based on my years of experience in recovery, as well as my work with others as a yoga teacher and therapist. A study done on an initial group who followed the KY12 program found that participants felt that their symptoms did not interfere with their lives as much, coping with addiction was no longer the focus of their lives, and if symptoms occurred, they did not last as long.

The KY12 Workbook, published in 2021, includes:

- Kundalini yoga sets, meditations and breathwork practices to support and embody each of the 12 Steps
- 12 personal stories from yoga practitioners in recovery
- Writing exercises to explore one's personal experiences with addiction as well as develop a greater sense of one's inner and outer resources to address problems



The KY12 Workbook has been given approval by the Kundalini Research Institute and has permission from Alcoholics Anonymous World Services. Rachel Surinderjot Kaur, who developed the KY12 program and wrote the KY12 Workbook, is available to speak, teach embodied recovery classes and groups, create written and video content, give interviews, and participate in panels and conferences. To find out more, go to www.ky12step.com or contact info@KY12Step.com. The 132 page book is available in print and ebook form on [Amazon](https://www.amazon.com).