

Christian Yoga for 12 Step Programs

- **Choose which Step to focus your meeting on.**
- **Introduce the Step and set it up with reflections and real life examples.**
- **Offer time for Group Sharing on Step/topic. Set timer for 45 min.**
- **Transition to yoga mats in silence**

- **Incorporate applicable scripture that relates to the Step being focused on in your meeting.**

- **Weave in biblical truths to support the Step.**

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