Yoga for Recovery

Learn how yoga can assist you on your path to wellness.

Each week we will incorporate a breathing, asana (physical poses), and meditation practice, as well as an introduction to principles of yoga philosophy. We will be working together to experience a non-judgmental yoga practice to aid on one’s own personal journey of wellness.

No experience is necessary, all abilities are welcomed! The asana practice will start with chair work and variations will be added to meet individuals where they are at.

Tuesdays
2:00 - 3:30 pm

The Wellness Studio
2647 Milwaukee Street
Madison, WI 53704

Call 237-1661 or info@soarcms.org if you have any questions

Tori Krohn is a peer specialist with Recovery Dane. She brings with her lived experience with chronic depression and anxiety, an eating disorder, and PTSD. She utilized many tools and pathways for her recovery including talk therapy, art therapy and yoga therapy. Her transforming experience with yoga lead her to want to lead others in gentle-non-judgmental yoga, incorporating the physical practice with philosophical aspects to aid in a full sense of wellness. Tori is Registered Yoga Teacher and children’s yoga teacher with the Yoga Alliance, and has taken extra certifications in trauma-informed yoga, mindfulness yoga for recovery, yoga nidra, and yoga for all bodies.