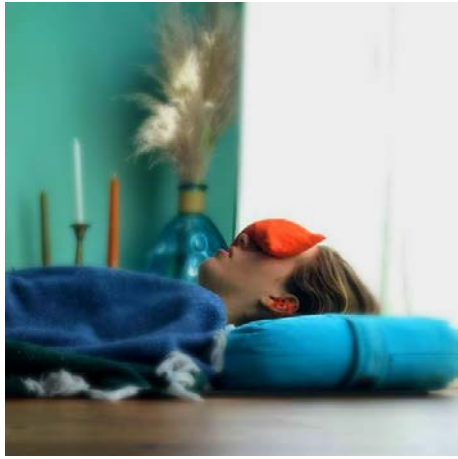




Recovery Yoga



Yoga Nidra (Deep Relaxation) + Auricular Acupuncture

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Class

All individuals will be most comfortable with a yoga mat, pillow, eye-pillow and light blanket.

To bring calm and cohesion to the group, we begin with a "Gratitude Circle", going around sharing:

- Inhale – Positive Affirmation
- Exhale – Letting Go of a Negative Current Issue
- One thing we are Grateful for

The leader "Clears the Space" after each share:

"Bring the hands in front of the heart, Anjali Mudra, and take a long inhale. As we exhale together, send some Metta, Loving Kindness, to _____".

The acupuncture needles are inserted in a calm and quiet manner during the circle.

Yoga Nidra begins once the circle is complete and all the needles are inserted. Those with a medical condition may sit upright against a wall.

Yoga Nidra lasts between 30 – 40 minutes.

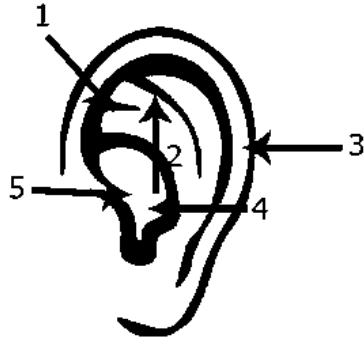
According to research, this amount of time equates to 3 – 4 hours of deep, restful sleep.

Auricular Acupuncture

Once everyone is comfortably settled on yoga mats or chairs, everyone is given an alcohol pad to clean the outer ear (no need to remove earrings).

Five fine gauge, sterilized, one-time use stainless steel needles are placed just under the skin in each ear.

1. Shen Men ("Spirit Gate") – Calms the mind, helps with sleep, nervous tension, lowers blood pressure.
2. Sympathetic – Strong Pain Killing Action, eliminates "the sweats", Reduces abdominal pain.
3. Kidney – Improves willpower, calms fear, reduces back pain, aids digestion. Liver – Lifts depression, strengthens digestion, improves blood circulation, helps with aches and pains.
4. & 5. Lungs – Controls breathing, clears up acne, eliminates diarrhea, allows the mind to "let go".



It is perfectly normal for a needle to fall out as is falling asleep – go with it. Once the needles are placed, just sit back, listen to the sounds, relax and enjoy the sensations.


Yoga Nidra

Beneficial for everyone, but especially those individuals recovering from any type of temporary or chronic illness – i.e., Cancer, Diabetes, MS, Addictions, ADD, Back Pain and the like.

"This ancient science uses specific techniques to expand awareness in all states of consciousness and to stay in the present moment

- Negative patterns, or samskaras, are being released as we tap into our natural, restful wisdom.
- We then create new sensations that are pleasant." – Suzanne Manafort

National Acupuncture Detoxification Association

 Encourages community wellness using a standardized auricular acupuncture protocol for behavioral health, including addictions, mental health, and disaster & emotional trauma.

History:

Starting in 1974, using the diagnostic tools of experience and trial & error, the staff and other professionals associated with the South Bronx's Lincoln Recovery Center spent 10 years developing the basic five ear-points NADA protocol for the treatment of addiction. They determined a need for a national-level organization to expand training capacity and awareness of the value of acupuncture as a tool of recovery.

Incorporated in 1985 in the state of New York, the National Acupuncture Detoxification Association has helped spread acu-detox far and wide, nationally and internationally.

NADA was established to enroll members, establish a collection of related reference materials, codify a training curriculum and develop a flexible system for registering qualified trainers and delivering trainings. NADA has since trained more than 10,000 health professionals, including counselors, social workers, nurses, medical doctors, psychologists, acupuncturists, chiropractors, outreach workers, drug court judges, corrections officers and others to use the protocol.

Patients in all types of treatment settings including inpatient, outpatient, incarcerated, shelters, harm reduction and street outreach can utilize this treatment

The procedure functions as an **adjunct** to a comprehensive addiction treatment program offering the basic therapeutic elements:

- Counseling,
- Education
- Family involvement
- Mutual support group involvement
- Supportive health care of a general nature

Among the benefits reported by patients and clinicians are:

- Improved program retention
- More optimistic and cooperative attitude toward the process of recovery
- Reductions in cravings, anxiety, sleep disturbance and need