



**LYJ**  
Living Yoga Life  
mind and body wellbeing

we are  
withyou

# *Holistic* **RECOVERY**

**A FREE 10 WEEK  
COURSE STARTING  
8TH JANUARY;  
WEDNESDAYS @  
FOCUS CENTRE,  
GALASHIELS 12-1.30**



Together we aim to get to the root of addiction working delicately through the physical Body & the Mind to interrupt patterns of addictive behaviours. This course will support you to develop a Holistic Tool kit to use anywhere to assist & take your Recovery journey deeper helping you to access your own power within. Join Rachel to discover Ancient practices backed up with Modern science; Gentle but powerful movements that are accessible to all.