

Interview for Arizona Yoga Community Website

1. Your training is vast, with training and certification in addictions, interventions, life coaching, and yoga! Do you see that these different areas often overlap?

I do. Examples:

If I am working with a family wanting to do an [Addiction Intervention](#) I would rely on all these areas. One of my first tasks is to tease out the dynamics of the family determining whether there is enough interest and enough emotional stability to set up the addiction intervention and to follow-through. I teach family members certain yogic calming breathe techniques and postures that would relieve stress allowing access to feelings and 'safe' communication. I switch back and forth from being an addiction counselor (teaching about the dynamics of addiction) to a life coach (asking powerful questions that elicit deep reflection.)

If I am working with a recovering person as a [Recovery Life Coach](#), I might teach them yoga postures to alleviate lower back pain or sciatica (so they don't take opioids again) and then put on my addiction counselor 'hat' to explain the brain chemistry of low dopamine and endorphin levels in the addict brain and how this can sabotage recovery.

2. Are there additional steps taught in yoga when working with people who have been through an addiction?

Only what I personally observed needing to happen from teaching in rehab for almost ten years. Example: I know that individuals with substance abuse or addiction issues have often been traumatized. Because of this, I always ask if I may touch a client to adjust a pose. I sometimes 'sense' not to offer at all. These individuals don't have good boundaries and might say "yes" when they really mean "no."

In one of my classes, a young woman was doing the Child's Pose (Balasana) and broke down in tears when suddenly getting in touch with her childhood sexual abuse. I walked over, asked her to breathe and just surrounded her with 'positive love energy' sending it through my hands (Mudra) and asked the class to form a circle around her and do the same so she could feel safe. She really appreciated it. It was a huge breakthrough for her that she could then take to her counselor to work on.

I teach a very gentle form of Yoga, Ananda Yoga (<http://www.ananda.org/spiritual-living/ananda-yoga.html>) which emphasizes the spiritual foundations of yoga and

teaches that yoga was developed as an adjunct to meditation. So I use affirmations in my class when in the poses, I give students permission to not hold the pose as long as traditional classes and we do some mental energy work and prayers at the end after we sit for meditation. I also use essential oils in an atomizer to cleanse the energy in the room and set the tone for renewed energy. (I offer doTERRA oils to clients and students to use at home for emotional healing.)

4. When people seek life coaching, what are the most common needs that they have?

My Life Coaching or Recovery Life Coaching clients are stuck, confused, ambivalent or just needing support in an area of their life. They are asking for clarity. I use what Coaches call "powerful questions" which allows for self discovery within clients while setting up their own goals (with actions to be taken) to determine the course work out of their personal maze. As a Coach, I hold them accountable to themselves.

5. When somebody is recovering from an addiction, when is it safe to start a yoga regimen? Ananda Yoga is gentle and safe. I worked with folks right out of detox for almost ten years. Yoga postures aid the detoxification process,

moving the lymph fluids around the body to cleanse and rid toxicity.

6. Can you tell me more about the yoga meditation course that you teach? (Where is it offered, how long is it, what is taught, etc.)

I teach it upon request at the present moment. I have taught it to individual clients and to groups. It incorporates yogic postures and breathe techniques, and focusing on the Third Eye Chakra while using a powerful mantra that focuses on what is called the "astral spine." I also use essential oils in an atomizer to cleanse the energy in the room and set the tone for relaxation. (I offer doTERRA oils to clients and students to use at home for cleaning and relaxation.)

I would be happy to answer any questions, offer a complimentary Life Coaching call or tell you about doTERRA essential oils. Please get in touch with me via email: rjs12@me.com or phone: 800.522.5382 or check out my website: www.interventionrecoverycoaching.com

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