



YOGA OF 12-STEP RECOVERY

Y12SR

Y12SR combines the practical tools of the 12-Step Program with the ancient wisdom of yoga.

**Meetings at Soul Solutions Recovery Center
every Monday | 4:30 - 6:15PM**

1801 38th St S, Fargo, ND | Enter through the West door for Hope and Coffee, meetings held in the "Community Room."

Y12SR is a 12-step based discussion and yoga practice that is open to anyone and everyone dealing with their own addictive behavior or affected by the addictive behavior of others. This is an open and inclusive group. All A's are welcome.

Ages 15+. Yoga mats not supplied, please bring your own mat.

Contact: Karla Hensrud-Wagner

701-234-6097 | Karla.Hensrud-Wagner@SanfordHealth.org

Familywellness
A PARTNERSHIP BETWEEN SANFORD HEALTH 



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