

Fall 12-2017

## Health Communication 3210A: Evonne Sullivan

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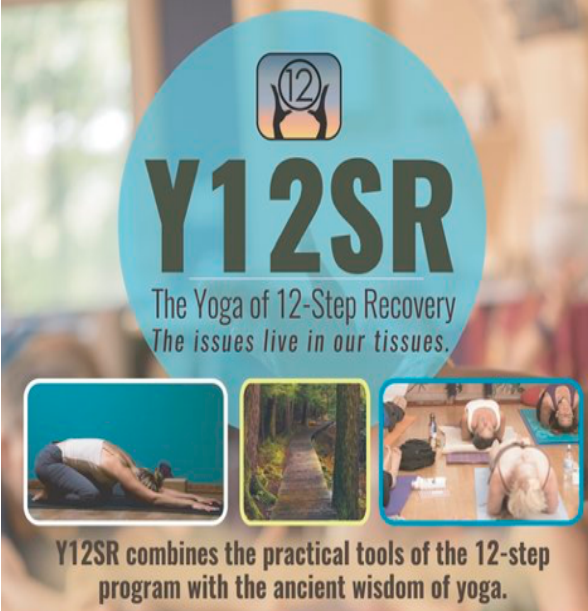
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Evonne has trained with Yoga of Recovery, Yoga of 12-Step Recovery, LifeForce Yoga for Depression and Anxiety, Recovery 2.0 and YogaFit Canada. She facilitates independent wellness and recovery groups, as well as teaching with a variety of organizations, businesses, educational institutions, treatment centres, conferences and special event. Evonne spreads the message of health, wellness, yoga and mindfulness through practice, education and advocacy.

She holds an Honours BA from the University of Guelph, a Postgraduate Certificate in Human Resources Management from George Brown College and is a Registered Yoga Teacher.



**Y12SR**  
The Yoga of 12-Step Recovery  
*The issues live in our tissues.*

Y12SR combines the practical tools of the 12-step program with the ancient wisdom of yoga.

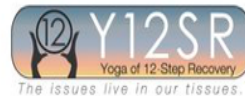
**When:**  
Sundays - 2:00 to 4:00 pm

**Where:** Downtown Holistic Yoga Centre  
236 Dundas St., London, ON N6A 1H3  
For More Info: [www.EvonneSullivan.com](http://www.EvonneSullivan.com)  
519-671-0910 // [info@evonnesullivan.com](mailto:info@evonnesullivan.com)

Combining the two creates a model that truly addresses addiction as the physical, mental & spiritual disease that it is.

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.

*Wear comfortable clothing. Meetings are by donation.*



In addition to:

**Wellness Yoga:** Wednesdays - 7:00 to 8:15 pm

Pathways, 205 Horton St. E

*Yoga focusing on the mental wellness benefits of understanding and working with the mind-body connection.*

# Evonne Sullivan

*Yoga for wellness and recovery*



**EvonneSullivan.com**

Yoga for Wellness & Recovery



## Workplace Wellness - Available for Management & Employees

- Mindfulness Workshops: Staff Development and Wellness Initiatives
- Corporate Yoga: Regular sessions, Breakouts or Events
- Workshops and Yoga include:
  - ✓ *Employer and Employee Benefits*
  - ✓ *Stress Reduction Techniques*
  - ✓ *Mindfulness and Breathing Exercises*
  - ✓ *Chair Yoga and Take-Away Tools*

Specializing in yoga and mindfulness for mental health and addiction recovery, Evonne is living her dharma by sharing her experience, strength and hope with others.

## Yoga & Mindfulness - Available for Special Events & Conferences

- For Attendees: Yoga for Wellness & Recovery - Scheduled sessions as part of conference wellness (morning, lunch or day- end)
- Between Keynote Speakers: Mindfulness exercises, yoga stretch, guided relaxation meditations
- Workshop/Presentation: Information and discussion relating to the mind-body connection, mindfulness and wellness
- All events and workshops can include:
  - ✓ *Wellness Information Exchanges*
  - ✓ *Teachings from Professional Mental Health and Recovery Trainings*
  - ✓ *Incorporating Lived Experience*
  - ✓ *Community Building and Networking*
  - ✓ *Addiction Recovery Support Information*
  - ✓ *Advocacy and Education*

## Yoga for Wellness & Recovery- Available for Organizations, Groups & Individuals

- Yoga Sessions (mental and physical benefits)
- Mindfulness and Pranayama (breath) Sessions
- Certified [Yoga of Recovery Counsellor](#)
- [Yoga of 12-Step Recovery Group Facilitator](#)
- All groups and classes incorporate:
  - ✓ *Mental, Physical and Emotional Wellness*
  - ✓ *Addressing the Mind-Body Connection*
  - ✓ *Mood-Management and Mood Balancing Techniques*
  - ✓ *Tools for Stress, Anxiety, Low-Moods, Depression*
  - ✓ *Relapse Prevention Techniques (if applicable)*
  - ✓ *Modifications for All Levels*
  - ✓ *Movement, Music*

## Contact

Evonne Sullivan

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