



TRANSFORMATION YOGA PROJECT

RECOVERY & BEHAVIORAL HEALTH SERVICES

Our **Recovery and Behavioral Health Services** provide trauma-sensitive yoga and meditation to individuals in recovery treatment from substance use and mental health disorders. Our programs teach tools and techniques that sustain a lifelong recovery and promote inner resilience to overcome challenges with greater ease.

Our Mission

Transformation Yoga Project (TYP) is a 501c(3) non-profit that serves people impacted by trauma, addiction, and incarceration through trauma-sensitive, mindfulness-based yoga programs driven by education and research. Founded in 2013 - we offer three different program services: Recovery and Behavioral Health, Justice and Reentry, and Youth.

Nearly everyone - Individuals, families, communities - has been affected by either substance use or mental health disorders in some way.



1 in 5

people will be affected by mental illness in their lifetime



70%

of people, on average, in treatment for Substance Use Disorders are successful



2/3

of all families will be touched by Substance Use Disorder in their lifetime

BENEFITS OF YOGA AND MINDFULNESS THAT SUPPORT YOGA FOR RECOVERY

Recovery is complex; but, research shows comprehensive treatments that combine varied holistic interventions help to sustain a lifelong recovery.

Our yoga programs are backed by the extensive evidence that demonstrates immediate and long-term benefits for individuals.

a single practice



increases focus, concentration, & awareness



decreases perceived stress & physical tension/pain

a regular practice



increases in emotional intelligence, self-esteem, hope & compassion



decreases in anxiety, depression, cravings or impulses

ultimately leading to



overall improved wellbeing



increased physical, mental, emotional, spiritual & social health

visit www.transformationyogaproject.org/research to learn more about the 30+ research studies that support yoga and mindfulness



OUR YOGA FOR RECOVERY TRAUMA-SENSITIVE METHODOLOGY

We recognize the complex relationship between trauma and substance use and mental health disorders. Our mindfulness-based yoga classes are different in that they do not seek to change an individual, but instead **provide an opportunity to practice techniques that awaken their own innate capacity for healing and transformation.**

Our classes are:

- **Accessible** - open to *every body* without discrimination or exception
- **Invitational** - provide options for each activity to respect personal agency through non-hierarchical language and cues
- **Supportive** - offer a space where we are transparent with what to expect and assure that no one is required to do anything they don't feel comfortable with
- **Breath-centered** - share the importance of breath awareness as an accessible tool that can be used at any time for self-regulation and symptomatic relief
- **Community building** - foster a place to create connection to self and others through the practice

We provide a continuum of care by offering a variety of treatment-based programs and seek to grow to meet the needs of the communities we serve.

We have over 55 partners at:

- Inpatient treatment - hospitals & treatment centers
- Acute medical inpatient treatment
- Long-term and short-term levels of care
- Partial Hospitalization Programs
- Intensive Outpatient Programs
- Outpatient Programs
- Sober living
- Community support programs
- Collegiate Recovery
- Group settings
- Individual one-on-one practices
- Staff mindfulness trainings and development



17,000 PEOPLE

have participated in our yoga groups since 2014.

500%

our growth in number of individuals in recovery served from 2015-2018.

Our programming is now offered in

7 COUNTIES

in the Greater Philadelphia Area and Delaware.

CONSISTENTLY, EVALUATIONS OF OUR PROGRAMS REVEAL IMMENSE BENEFITS FOR OUR GROUP PARTICIPANTS AND TYP TREATMENT PARTNERS.

"Yoga calms me down emotionally and mentally.

Physically it makes my pain levels go down."

- TYP Yoga for Recovery Participant

"This is the only class that has improved me mentally, physically and emotionally to date - therapeutic to my trauma and stress and recovery."

- TYP Yoga for Recovery Participant



of participants evaluated at recovery settings described themselves as more relaxed immediately after a single group class.

**For more information contact:
recovery@transformationyogaproject.org**