Greetings!

Greetings Tranquil Shores Family and Friends! What another wonderful year, with some talented and amazing additions to our team, both clinical and property. Tranquil Transitions continues to be a wonderful option for clients who complete the program and are interested in a sober living environment. Also, it is now open to any past alumni who want to get reconnected with a safe, encouraging living community.

As you may or may not know, our Alumni have several ways to stay involved! The first Monday of every month we have our Alumni Check-In Meeting. The 2nd Wednesday of every month we have “Art of Recovery” with our amazing Expressive Art Therapist, Julie. And on the 3rd Wednesday of every month Lynn conducts an Alumni Workshop based on topics voted on at the monthly meeting.

On top of that, all Alumni are welcome to take advantage of the Monday Didactic Group, as well as, Tuesday Alternative Healing group.

Don’t forget Sunday evening’s As Bill Sees It Meeting down on property! Please take advantage of all that is offered! We love when you come by and share your stories with us.

I would like to sincerely thank Bret A., our Alumni Coordinator, who has done an outstanding job keeping us all up to date and connected! I’ll end with this, stay connected, get involved, and pass it on!

Much Love and Blessings - Lynn Pyz, Program Director, CAP, NCLC, NCFRC

Message from Jimmy Johnson

It is a pleasure to be a part of the Tranquil Shores Foundation and to lend my name to the Jimmy Johnson Scholarship Fund. I share the sentiments so many family members experience when trying to help someone who is suffering from alcoholism and addiction. Many who make the decision to quit still have the uphill battle of not being insured or lacking in resources to get the help they need.

Tranquil Shores Foundation has awarded many recipients the opportunity to build a new life through the Jimmy Johnson Scholarship Fund. Recipients have received services which range from treatment, education, and housing. Many recipients have had the opportunity to get and remain sober. For my entire career, I have been driven to motivate people to win. Today, I would like to motivate you to give. Please visit the Foundation’s website at www.tranquilshoresfoundation.org, and join Chad and I in championing those who are still suffering.
Angela’s Journey

I arrived at the gates of Tranquil Shores (TS) on May 2nd, 2016. When I arrived at Tranquil Shore I was more than adequately armored. I agreed to come to Florida to address my issues regarding my alcoholism and nothing more. I held in a lot of my feelings especially those most painful to reveal. I didn’t want to worry or inconvenience other people. No matter how much I hurt or how much somebody asked, my answer would always be “I’m fine.” I didn’t want to come to rehab in Florida. My son and my family are all in Texas, however after two previous attempts at treatment, I made a commitment to come and stay at Tranquil Shores for thirty days. I made the commitment for all the wrong reasons. It was to please everyone but myself. I ended up staying the whole 90 days. The three months I spent at TS were some of the best days in my life. I will treasure those days forever. I left TS and Florida feeling confident that my mind was “fixed” and I could manage my life back in Texas. Fast forward, seven months and I found myself back in Florida with 60 days sober. My well laid plans for my life did not turn out so well. I reached out to Bret, the TS Alumni coordinator and was invited to participate in the TS alumni events on a limited basis until I had 90 days of sobriety. I attended the alumni meetings, alumni gatherings such as cookouts and the recovery workshops. When I reached my 90 days I was eligible to attend group didactic and As Bill Sees It meetings on property. I attended many TS activities with vigor and excitement with no commitment to anyone other than myself. My involvement in the alumni program has made all the difference in my life today. I am living a new, honest, and sober life. I have recently made the choice to stay in Florida and close to the TS community for at least one year. My life is no way easier or perfect. I have a son in Texas that I miss very much however I am a much more present parent for my son here in Florida then I ever was in Texas. At five months of sobriety, I know that my disease is patiently and eagerly waiting for me slip back into my shield of armor. My sick mind tries to convince me that my thoughts and feelings are not worthwhile and that I do not deserve to live a happy life. I will always be indebted to CHAD JONHSON and the incredible staff, Alumni, and current residents at Tranquil Shores. Each person in their own special ways have taught me the true meaning of FAMILY (Finally Accepting Myself In Loving Yugen). TS encompasses a group of caring individuals that are committed to aiding others on their road to recovery. The opportunities that Chad gives to Alumni are absolutely amazing. I am so very fortunate to have benefited from such a visionary program and I will always work hard to pay it forward to others.

Sincerely,
Angela F.

Gratitude

Dearest Chad, Counselors and Tranquil Shore’s Staff:

Thank you all from the bottom of my heart for giving me the opportunity and blessing to “Reclaim my Life”. Although I was a “repeat offender”, all the individuals at Tranquil Shores nevertheless stood by my side with experienced guidance and “tough love” when I had, essentially, given up on myself.

You all successfully convinced me that a relapse, for some people, could indeed be the beginning of a permanent lifestyle and lifelong recovery process from the disease of addiction.

I will be forever grateful to every single individual at Tranquil Shores who exhibited unwavering respect, kindness and incredible competence throughout my 90 day stay there. As the weeks and months have passed since my program’s completion, I have continued to experience the miracle of not only the serenity and happiness of my own recovery process, but also, perhaps more importantly, the opportunity to be able to focus on helping other people who are suffering from the often deadly disease of addiction.

Once again, thank you all for everything you have done for me (and my family and friends) and continue to do for other people who are in need of your incredible services.

Yours truly,
Randy O.
Bless the Broken Path that Brought Me Here

by Amy F.

Every path I ever took, I just had to take the long way
So many times I have heard a heavy sigh and they say –
You can just never make this easy
That a foreboding had always told me would await
So, I felt like puzzle piece shaped so unlike all the rest I’ve met
Try to abandon my wacky ways, but my identity I cannot forget
An identity forged in being told I was wrong, not the same
Searching for a place to fit, searching for someone to blame
Faking smiles just to hide my shame, this was my burden
Throughout my younger years, to hide my constant hurting
To deny caring about if I ever found a place to belong
But if I fit into the cookie cutter shape of a WASP as they told me to
I would have never found my purpose, what I was meant to do
A life of simply going through the motions, is a life of living a lie
And I want to feel every emotion, passion and pain before I die
Something real is what we all crave, but our realities are not the same
We can never understand each other until we know from where we came
Yet I know my own kind often before they breathe a word
We are the misfits, the broken, the artists, the dreamers, hustlers and schemers
Reaching out with fragile hands for numbing agents to cope with living
Not a single shred of mercy for ourselves or the world, sinking into darkness
A hell of one’s own creation, unsure, uneasy I stared into the abyss
Now, looking back years have passed since I first stumbled upon the shores,
Like a broken, beaten survivor of a ship wreck, healing would be quite the chore
Yet I found my kind of people all around me, in this strange lovely place
I found myself hand in hand with sweet strangers, standing face to face
We all needed time outs from the chaos, and there working day and night
Were the kindest souls I had ever met, still I keep them within my sight
Still today I work to find a peace within me, and to serve a greater purpose
These deities friendly faces helped me find, now guide my daily breathing
Now I stroll onward with only some of the fear and resentment that once haunted me
When I need to be reminded to just breathe, love myself and let go and live freely

Gratitude for Chad’s Vision

Tranquil Shores gave me hope, love, and the tools to rebuild my life I am forever grateful. – Shana

TS helped me get so much distress out that I’ve been holding onto for years. I now truly have faith in my sobriety. – Sean

Tranquil Shores didn’t just get me to stop abusing a substance, it taught me a different way of life. It saved my life!
God bless!! – C.K.

I can look in the mirror today with love for myself and the serenity I have searched for all my life. Thank you to every person at Tranquil Shores for being absolutely incredible. – Karen

The program that Tranquil Shores has put together is like nothing I have experienced before. I was given the knowledge and hope to recreate a new life for myself. A second chance. Thanks for giving me my wings back. – Deb

I will forever be grateful they have shown me I can stay sober, be happy, and have a life beyond my wildest dreams. – R.H.

I feel like a new person and am excited about the future. I am finally at peace with myself. Thank you to Tranquil Shores! – J.B.

Because of the dedicated staff at Tranquil Shores I now have the tools to live a sober, happy, and fulfilling life. I am truly happy for the first time in over a decade! Thank you to all of the staff at Tranquil Shores! – Matt

The TS staff and program saved my life. Thank you all for helping me get sober and take my life back. It feels wonderful to be sober. – T.W.

I thank God I am one of the lucky ones to have found recovery at Tranquil Shores!” – Amy

My transformation at Tranquil Shores has been the best experience of my life and I’ll always be grateful for it.” – Alex

Chad truly cares and has a desire to help others get and stay sober. My experience at Tranquil Shores is a miracle and a blessing. – Ashley

We are the misfits, the broken, the artists, the dreamers, hustlers and schemers
The junkies, the drunkards, the over worked, over and under achievers
Reaching out with fragile hands for numbing agents to cope with living
Forgetting to tend to our minds, our fears, our deepest urges, there is no forgiving
Not a single shred of mercy for ourselves or the world, sinking into darkness
A hell of one’s own creation, unsure, uneasy I stared into the abyss
Now, looking back years have passed since I first stumbled upon the shores,
Like a broken, beaten survivor of a ship wreck, healing would be quite the chore
Yet I found my kind of people all around me, in this strange lovely place
I found myself hand in hand with sweet strangers, standing face to face
We all needed time outs from the chaos, and there working day and night
Were the kindest souls I had ever met, still I keep them within my sight
This strange second home that ushered me back into the land of the sane
Where I am still imperfect, but far from the shell of a human being I have been
They could love me when I had no love left to give, and there I learned how to live these tranquil shores, could not have been better named
Still today I work to find a peace within me, and to serve a greater purpose
A kind of allegiance to God propels me forward, to love and to goodness
And I have found so much excitement, wander and adventure just on the other side of living
Now I stroll onward with only some of the fear and resentment that once haunted me
And still I return to the shores, which rescued me originally
When I need to be reminded to just breathe, love myself and let go and live freely
Exercise and fitness has always played some part in my life. I’ve been a Personal Fitness Trainer for the last 16 years. During those years I helped countless people improve their health and fitness, while pretty much destroying mine through addiction. I’ve been in recovery since October of 2015 and since then, I’ve taken an interest in how exercise fits into a program of recovery. Many of us in recovery gravitate to starting an exercise program. After all, we’ve spent so long destroying our health that getting physically healthy seems to go along with improving our mental health. I’d like to share some basics on a program that has helped me tremendously. It will work for anyone, but it’s especially geared toward those in recovery.

To begin with, we have to take it SLOW. As we hear in the rooms of AA, “Easy does it.” Too often we rush right into something and attack it with a crazy passion. It starts to control our entire life (sounds familiar, huh?). The goal is to get healthy, not become completely obsessed with something new. To begin with, exercising at a pretty easy level, a few times a week is perfect. We have to remember that our bodies are still healing from everything that we’ve done to them. If we start exercising like crazy, we’re just going to feel more awful, hate the whole thing, and give up on it. I recommend that in early recovery (3-6 months) the goal is simply to exercise, nothing more. Bigger goals can come later.

The next question everyone has is, “What should I do and for how long?” The simple answer is whatever you enjoy the most. If there isn’t anything you enjoy, it’s whatever you hate the least. There really is no “best” exercise. We’re working toward improving physical and mental health and almost anything will work for that. As far as duration, I recommend no more than 45 minutes. If that seems long, shorter is fine. A brisk 15 minute walk will do wonders to clear your head of all the “noise” that is so common for most of us. If 45 minutes seems too short, then you’re losing sight of the goal. We’re working on mental and physical health, not trying to look great on the beach yet.

I mentioned intensity earlier. In general, it should be pretty low. We want to feel like we’re working while we’re exercising, that’s what helps even out hormone levels and makes us feel good, but we don’t want to stress our system too much. If you think about how hard you’re working on a scale of 10, we’re aiming for 5-6 usually.

That being said, I do think that there are times when we should work at high intensities for a short time. I have found that if I am obsessing about something, negatively projecting future events, or just feel like crap for some reason that doing some intense exercise is wonderful to get me out of my own head. Inevitably, if I spend 10-20 minutes thinking, “Wow this is hard and I hate it!” I can’t think of whatever my problems were at the same time. It forces my mind to pause and reset so that I can see things at least a little more clearly. It’s a similar concept to meditation, but I’m not especially good at quieting my mind when life feels out of control. If you experience the same thing, I’d suggest giving it a try. For me, running is a great way to work hard for a little while and take a forced mental break, but it can be anything that’s pretty tough for you.

These guidelines will serve you well in early sobriety, but what do you do once life settles into whatever your “new normal” is? That’s the time to start thinking about bigger goals and possibly bringing more intensity to your program. For me, I started training for and competing in Triathlons. The required training brings a lot of structure to my week. Like a lot of people in recovery, structure is a very good thing for me. Your goals should be as unique as you are. Perhaps you want to lose the weight you put on in treatment (most of us do!), go on a canoe trip, take up bird-watching, or lift a ton of weight. Whatever your goal is, that’s a good point to start working toward it. I know it’s tempting to dive right into it on day 1 at Tranquil Shores, but it probably won’t work out as well as you think. We tend to bite off more than we can chew at that point in recovery. Give yourself time.

I, along with countless others, have found that regular exercise is a vital part of my recovery program. It helps me feel better both physically and mentally. When I first got back home, I noticed very quickly that if I did not keep up with some type of exercise I became very anxious and irritable. It certainly helped me deal with the chaos of adjusting to life in recovery. I hope that you will add it to your recovery program, if you have not already.

The bottom line is to remember the rule, “Easy Does It.” This will help keep your exercise, and more importantly your life, much more manageable.

Jared C. is the owner of Move Forward Fitness Personal Training, in Tarpon Springs. If you have questions about exercise and recovery, or just want to reach out to an alumni to talk, you can reach him through his website MoveForwardFitness.com
A psychic change. A shift in consciousness. An attitude adjustment. A new perspective. These statements all have a common denominator: **Changing one’s mind.**

What makes my mind prior to recovery different from today?

I can remember how my “obsession” thoughts looked and felt like, and yet while I was in them, I was at best only peripherally aware. If someone were to suggest to me “That’s all you think about,” I would have denied it. That fact of the matter was that my thoughts were nearly always connected in some way with drinking or using. They were there when I awoke (“oh man, am NOT doing that again today” or “oooo....I’m gonna start right after work” or “I wonder who will be at the bar?” or......well....you get the picture.

Distractions like work (when, exactly, did “work” become a distraction)? Could temporarily change my thoughts, but the thought’s surrounding drinking or using would always return?

The action was always inevitable. It was as if I was formatted and programmed for this function. In a very real way, I was. A lot of the programming we receive starts in our formative years, ages 3-12, and we carry with us the inputted data from parents/family, schooling and peers, media and community, religion and politics. All of this input may vary from person to person in terms of frequency and the focus of ones immediate surroundings. Clearly, how we assimilate the input varies as well. In my case, some of these “outside influences” were interpreted by me as a threat. Some perhaps real, some perhaps not. I felt like I was a victim of this world whether it was in truth or imagined.

I started experimenting with drugs and alcohol at very young age, so for me, discernment for what may have resonated in me as truth or fiction was skewed as I advanced through my teen years and into my twenties. I was in an altered state so often that recognition of a natural state escaped me. As a highly sensitive empath (a gift I became aware of as a child, but was unable to give it a voice) I sought to suppress and quiet down the feelings and truths about myself and the world in general. I was somewhat successful, but the truth.....and feelings.....always rise to top, do they not?

Was I a victim of the world? Was I the victim of an inside job? In my mind, the former. In reality, the latter. Because I had willfully (and artificially) shut down my senses of the world, I could more easily blame IT. My thoughts centered on what I DIDN’T want, and what I didn’t want was to feel and think the way I thought and felt. Add drugs and alcohol and VOILÀ! More thoughts and feelings of exactly what I didn’t want! These thoughts and feelings, because highly practiced and focused thoughts and feelings manifest into physical reality, brought into my reality, more and more of the same.

From obsessive thought, reality. It has been suggested that we in recovery need a “psychic change.” Is that necessary? Is it possible to bring into reality something other than what predominately occupies our thoughts? The answer is an emphatic NO. The world may affect our thoughts, but remember, they are OUR thoughts. No one and no thing is in charge of our thoughts other than ourselves.

Through a considerable amount of practice and an enormous amount of help from those that came before me I’ve been able to replace, or at the very least minimize, my drinking/using and victim-hood (formerly the predominant) thoughts with powerful intentionally creative thoughts. Added to that are heavy doses of acceptance about the way I was, the path I formerly walked, and the path that others are on. With a ton of help, I am changing my mind.

Just as I am responsible for being there for others when they reach out for help in recovery, I must also be responsible with my thoughts in and about recovery. I must be responsible for myself and how I affect others. I must be responsible for the trajectory my thoughts will take me and the mindfulness to allow for balance without the need or desire to control it.

May your thoughts lead you to deeply care and create an atmosphere for the greatest highest good for all. When we have an all inclusive desire for the highest good for all, we are automatically including ourselves!

A prayer for you: “Allow me to be a conduit of intentional loving, creative and evolving Divine will.”
I love my bike and riding with intensity. Not long before coming out of Tranquil Shores I started to ride regularly again, which is something I had put aside for several years as my drinking got worse and worse. So getting back in the saddle provided a tremendous joy and feeling of accomplishment.

Aerobic exercise for me is a huge piece of recovery. There’s now a ton of scientific research showing how much it improves mental functioning and even emotional regulation. Unfortunately my reflexes and riding skill were not up to the level of my newfound enthusiasm on the bike.

Coming down the south sidewalk off the drawbridge near the Blind Pass meeting, I aggressively entered a banked, downhill corner at a pretty good clip. Unfortunately the grass was a little wet and my correction for the way the front tire slid was a little slow. Before I knew it I had gone over the handlebars and wiped out badly. I’ve had a lot of mountain bike crashes over the years and did the usual check. Fingers and toes were moving so that was cool as it meant no broken neck. I was dazed yet OK it seemed, but as I brushed off I felt this pointy thing in the front of my shoulder that I could not recall being there before. Luckily it had not come through the skin and didn’t hurt too badly but, yup, broken collar bone! One of my main tools for recovery was suddenly gone as riding a bike again was clearly not going to happen for a while.

Healthy food choices became even more of a focus then. I started to spend more time talking with people after meetings and trying different ones, or meetings at the same places but at different times. Once a week I began to spend the evening at the student clinic for the school of Chinese herbal medicine I had graduated a few years prior. There I was able to share my knowledge and guidance with the current students and so make connections with another peer group, which I learned at Tranquil Shores was very important for ongoing recovery. Also I spent a lot of time researching how nutrition could help addiction and its aftermath.

The injury forced me to both find and create some balance in recovery and not just rely on my favorite thing. It was mentally difficult yet in hindsight something I needed to learn. I now understand how important the principle of balance is in so many different areas of a healthy life. For example I’m much more focused on making sure that every day I eat a balance of high quality protein, unsaturated fats and low sugar, high fiber carbohydrates (especially vegetables). Some of my yoga practice is physically demanding and some is gentle and restorative. This is mixed in with bike riding, meditation and qigong. I listen to a range of educational podcasts and even my musical taste has become more diverse in sobriety. And I’m super grateful to have so many people in my life who offer different perspectives that I can use to help shape my own.

Ask yourself going forward, “How can I grow more balance in my recovery?”

The strategy of practicing balance has become the founding principle of my online teaching. If you’d like to receive a regular email about using the tools of yoga & qigong, meditation & mindfulness, and nutrition & practical food choices to continue your success in addiction recovery, then please check out www.GrowingBalance.com and join me on the path!
**Gaining Structure, Finding Balance...**

*The Importance of Routine*

*by Todd A.*

Two of the most important aspects of my program of recovery are structure and routine. I am the type of person who tends to thrive in a well-structured environment, one with a coherent, yet flexible, routine. My program is self-imposed therefore it requires considerable motivation and discipline for me to achieve my goals. Each night before bed I lay out my plans for the next day, and try to be as specific as possible. I find that when I am vague or ambiguous about my actions for the next day, I tend to mismanage my time, often accomplishing nothing at all. For instance, if I do not decide the night before between attending a 7 am meeting or taking an 8 am yoga class, I will most likely not do either when the morning rolls around and the decision has to be made. However, if I make clear decisions the night before, I typically accomplish my goals. Through trial and error, and by discussing these things with my counselor and my sponsor, I continue to learn about myself and discover ways of improving which help me to be successful in my recovery. In addition, I try not to be too hard on myself if I fall short of my goals for the day, reminding myself to just do better tomorrow. And when something unaccounted for arises that sounds fun or exciting, or someone needs my help, I try to be flexible with my plans, as I believe that being overly rigid detracts from the big picture.

**After Treatment...**

*by JMS*

When I left treatment, I decided to get back into the relationship that I was in prior to recovery. This could have been a terrible decision. The relationship had been very codependent, and I was not sure whether my partner had been changing at the same rate I had. I worried that we might not get along anymore, or that he would still want to drink or use. However, I decided that I would give it a chance.

I remember my anxiety the night that I left treatment. I was obsessing over what was going to happen. He was an hour late to pick me up and I was furious. When he arrived, he apologized. I said it was fine and we sat in silence for a few minutes as we drove toward Tampa. Then, I got my courage up and said, “actually, it’s not fine. You’ve known about this day for 2 weeks, and you show up an hour late? I’m angry.” He apologized again and explained that he had been obsessing over this day, as well. He too was uncertain whether we would still mesh. He began to tell me all that he had been learning about himself in Al-Anon, and I interjected with things I had been learning in treatment and in AA. By the end of the car ride, I felt much better about the decision.

When I first entered treatment, he was concerned only with fixing me, and I was only concerned with blaming him. Now, he continues to learn to focus on himself in Al-Anon and I continue to learn to take responsibility for myself in AA.

It’s not always easy and it isn’t perfect. I still find myself making up things in my mind to be angry about sometimes (there’s that Mistrust Abuse again!). However, I now have a good sponsor and a good therapist that I can talk these things out with. Bringing my crazy thoughts out into the light has an amazing way of removing their power. Focusing on myself and my recovery makes my time with him more enjoyable.

PS BTW, our intimacy is getting better and better. That’s something I definitely could not say when I was trying to “enhance it with drugs.” Apparently, being vulnerable with someone and caring deeply for them, is a far better enhancement.

**More Gratitude...**

*by Tammy W.*

Chad,

I can’t thank you enough for your program. When I came to Tranquil Shores I was so broken and unhappy. I learned how to like myself again thanks to you and your amazing staff. You all had a part in saving my life. I’m coming up on my first year sober and what a wonderful year it has been. I’ve never been happier or felt prouder of myself in my life. I look in the mirror and love who is looking back at me. My year has been wonderful and my life has changed in so many ways. All for the better. I pray I can somehow give back what was given to me. Thank you again for being part of saving my life.
Group Experience

The following groups are open to Alumni of Tranquil Shores at no additional cost. Please call us at (727) 391-7001 to reserve your spot. You may leave a message to indicate your interest in attending.

**Monday**, 8:30-10:00 am, Didactic with Lynn and Sandi

**Tuesday**, 10:10-11:30 am, Alternative Healing Group with various presenters, such as those listed below. Call us for a current schedule: Acupuncture - Chakras - Chinese Medicine - Drumming - Emotional Freedom Techniques (EFT) - Gong Meditation - Kai Chi Do - Nutrition - Qi-gong - Yoga

Upcoming Events

Below are the events taking place in June and July 2017. Reserve the second and third Wednesday of the month for Tranquil Shores Alumni Recovery Night to either engage in the art process or come recharge your mental and spiritual battery at the open discussion meetings.

Tuesday, June 27th at 10:10 am: Acupuncture
(Dr. Brenda Malone)

Sunday, July 2nd at 7:00 pm: As Bill Sees It Meeting

Monday, July 3rd at 7:00 pm: Alumni Meeting at Clinical

Tuesday, July 4th at 10:10 am: Kundalini Yoga
(Katherine and Sally)

Friday, July 7th at 6:30 pm: Yoga for Addiction Recovery
(Yoga4all Seminole)

Sunday, July 9th at 7:00 pm: As Bill Sees It Meeting

Tuesday, July 11th at 10:10 am: Acupuncture
(Dr. Brenda Malone)

Wednesday, July 12th at 6:30 pm: Art of Recovery w/ Julie

Sunday, July 16th at 7:00 pm: As Bill Sees It Meeting

Tuesday, July 18th at 10:10 am: Kai Chi Do (Tamara Newman)

Wednesday, July 19th at 6:30 pm: Alumni Workshop w/ Lynn

Sunday, July 23rd at 7:00 pm: As Bill Sees It Meeting

Tuesday, July 25th at 10:10 am: Acupuncture
(Dr. Brenda Malone)

Sunday, July 30th at 7:00 pm: As Bill Sees It Meeting

Yoga for Addiction Recovery

Class led by E-RYT200 teacher Jamey Kowalski
6:30 pm-8:00 pm
1st Friday of every month

The practice of yoga has helped keep me free from alcohol for several years. The tools I learned and now teach help manage my crazy, craving mind in the moment. If you’re like me, learning to be less reactive and more mindful will really work in your program too.

This class includes a range of gentle/restorative yoga postures, focused breathing and meditation.

No yoga experience or flexibility necessary! Wear comfortable clothing.

Suggested donation is $10. Proceeds are split between the Tranquil Shores Foundation and Yoga4All. Please arrive 15 minutes before class begins. Call if you have any questions!

Yoga4All
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