



# Yoga Therapy for Addictions

with **Dr. Santi Meunier,**  
PHD, CHT CYT

This course is offered once annually:

Winter Program:
January 24-25, 2013

Event duration 2 days: 7:30-9:00 AM / 9:45 AM-1:30 PM / 2:45-5:30 PM

*In this two day intensive workshop we will examine the three-fold nature of addiction and its impact on the body, mind and spirit. Drawing on the information in Santi's latest book, "Dying for a Drink, The Hidden Epidemic of Alcoholism", you will learn about the disease of alcoholism, why it is a disease, and the role that genetics, brain chemistry and hormones play in the evolution of the disease. Addiction is always the effect of underlying issues which, when uncovered and addressed can begin the healing process. Participants will learn specific techniques for identifying and working with clients with active addiction, as well as those in long term recovery. This holographic treatment model includes; body reading, body mapping, stress reduction techniques, trauma release, breath work and creative visualization, as well as Raja yoga and yoga therapy techniques for balancing and unlocking blockages in the chakras, the organ meridians and regulatory channels.*

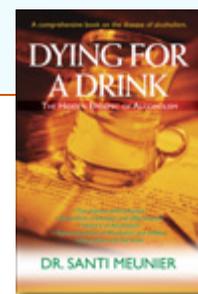
## Dr. Santi Meunier, PhD, CYT, CHT



Santi is a practicing psychotherapist, author, lecturer, and film maker. Since childhood she has also been a gifted intuitive healer. In 1980, while on a filmmaking assignment in Egypt, Santi experienced an unexpected and transformative experience in the Great Pyramid of Giza, which radically altered the course of her life.

An avid student of yoga since her teens, Santi studied for 10 years with the Swiss yoga master, Elisabeth Haitch and in 1990 graduated from the Phoenix Rising School of Yoga Therapy in Massachusetts. Santi received her Master's Degree in Psychology from Norwich University and her Doctorate from Madison University, graduating summa cum laude. She also holds additional certifications in hypnotherapy and yoga therapy, a specialized system of deep trauma release. In her private psychotherapy practice Santi uses a holistic approach, treating the mind, body, and spirit. She specializes in personal transformation, as well as optimizing relationships in the family and workplace. Santi is a personal development counselor, working both with individuals and corporations helping them to discover and fulfill their true mission. She offers workshops as well as weeklong intensive retreats focusing on

Practical Spirituality for Fearless Living and The Seven Steps for Overcoming Our Fears based on her spiritual autobiography, "The Obsidian Trials". Santi is the author of 4 inspirational books, as well as, a documentary film on the spiritual experiences of children with cancer. For more information on Santi's work visit [www.SantiMeunier.com](http://www.SantiMeunier.com) (Santi is in the January program only.)



**To Register:** send your payment of \$336.00 + tax (\$379.68) payable to:

Heaven Studio, 188 Green Mountain Rd E., Hamilton-Stoney Creek, ON L8J 3A4 Canada

[www.heavenstudio.ca](http://www.heavenstudio.ca) / [info@heavenstudio.ca](mailto:info@heavenstudio.ca) / 888.GO.KAREN / Tel/Fax: 905-664-9099

Workshop Hours: 16. Registration Code: SM-YTA

Plan ahead: there is a break for breakfast from 9:00-9:45 AM and a lunch break from 1:30-2:45 PM.

Accommodations and meals are available on-site – optional/extra.