



# *connecting back to the self*

**THURSDAY, MAY 20, 2021**  
**10:30 AM - 3:30 PM EST**

## **WHY THIS WORKSHOP**

Recovery is not a destination but a journey. Often this journey has challenges that can leave one discouraged. Research articulates that recovery and healing take place within a supportive community. With support, education & experiential practices, restoration can take place. During this time of uncertainty it is essential to reconnect back to the self - the body, mind, soul. This journey through the elements will leave you feeling empowered, supported and renewed.

## **TARGET AUDIENCE**

Those seeking recovery, those looking to sustain their recovery, family members, allies and providers of recovery services and treatment.

## **LEARNING OBJECTIVES**

- 1- Identify how the process of recovery from substance use disorder can be experienced by reconnecting back to the four natural elements through practices that support your wellness journey through grounding (earth), breathing (air), moving (water), transforming (fire).
  - 2- Identify the importance of grounding and connecting back to the physical body through mindful practice.
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**THIS WORKSHOP IS FREE OF CHARGE, THANKS TO OUR FUNDERS:**





# RECOVERY THRU THE ELEMENTS

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## INTRODUCTION

*With the use of Mind-Body approaches, we will journey through the 4 elements for essential sustained recovery, healing and wellness.*

## LEARNING OBJECTIVES

*(continued)*

*3- Identify how awareness can support healing through breath and movement.*

*4- Identify how emotions can affect whether one is flowing or stuck.*

*5- Identify ways to re-gain clarity in your life and community.*

*6- Learn applicable techniques for everyday life to support and sustain recovery.*

## SUPPLIES NEEDED

*Five pieces of paper (copy or writing paper) and color pencils or crayons.*

## REGISTRATION

*Registration is required.*

*Please email [tconyers@rcnc.org](mailto:tconyers@rcnc.org) to register for this event.*

## ZOOM MEETING INFORMATION

*Meeting ID: 847 1076 4422*

*Passcode: 486065*



## FACILITATOR

**Lisa Martin, RCNC  
Recovery and Wellness  
Consultant**

Lisa Martin has been a healing arts therapist serving Veterans and individuals in need of recovery, from substance use disorders and mental health concerns for 20 years. She leads, inspires and guides through a holistic whole health approach to wellness. She is a Certified Mind-Body Medicine Practitioner, Marma Therapist, Reiki Master, Trauma Informed Yoga Teacher, Essential Oil Specialist & Wellness Advocate, Medical Qigong Practitioner.



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