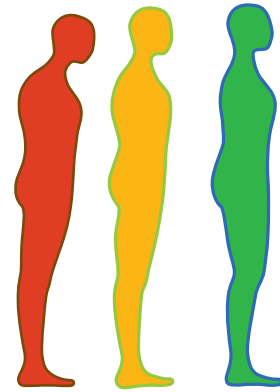


MINDFULSM Recovery Practices

Power Poses & Alexander Technique-based in-the-body wellness practices

Easy, in-the-body “Mindful Moves” for all ages & abilities:

- Calming practices reduce our stress hormone levels
- Promotes mood elevation/builds distress tolerance skills
- Promotes stress, anxiety and pain reduction
- Improves posture, body mechanics and breathing
- Methods to pause/stop habitual reactions & behaviors
- Promotes bone health, an issue for addicts/alcoholics



Mindful Recovery Practices (MRP)

promote stress reduction, relapse prevention and other benefits, using two evidenced-based, unique mind/body practices:

1. Alexander Technique (AT), a 115 year old mind/body practice for: reducing muscle tension; improving posture, body mechanics and breathing; and pausing/stopping habitual reactions and behaviors, especially to stress.

AT is used by: medical providers such as the Mayo Clinic; corporations such as IBM; at performing arts schools such as Juilliard and Yale; and by artists including Sting, Hugh Jackman and Victoria Beckham.

2. Famous “Power Poses” (PP) researched and developed by Harvard’s Amy Cuddy. Cuddy’s research proves that:

- Tensed “Contracted” poses raise Cortisol levels and lower Testosterone. Higher Cortisol can increase stress, trigger cravings & trauma symptoms, and promote poor coping behaviors.
- “Expanded”, more relaxed poses and posture raise our Testosterone levels and lower our Cortisol. Higher Testosterone helps us feel more powerful, confident and poised.



Contracted

Expanded

MRP helps us release muscle tension and use “Expanded” poses, posture and movement, for calming and better stress management. Regular MRP practice calms us, lowers stress reactivity and helps build recovery behaviors.

MRP complements other treatments for drugs, alcohol and co-occurring disorders, such as:

Dialectical Behavior Therapy - DBT

Suboxone, Naltrexone and other medication

Mindfulness-Based Cognitive Therapy - MBCT

Eye Movement Desensitization & Reprocessing - EMDR

MRP promotes bone health with easy weight-bearing movement methods. Research shows drug and alcohol abuse, including opioids & pot, impairs bone health for men and women of all ages.

“MRP stress release, breathing, sitting techniques are especially helpful to me...I’m managing stress better, which helps me stay clean and sober. MRP is of great value to my recovery every day.”

Marshall B. Urbana, IL



Becca Ferguson teaches Alexander Technique. She developed Mindful Recovery Practices (MRP) to provide others with easy in-the-body tools that helped her build over 6 1/2 years clean & sober, in tandem with a 12 Step program.

www.MindfulAT.com
MindfulAlexander@gmail.com

Power Poses & Alexander Technique are evidence-based wellness practices, not medical treatment. Consult a healthcare professional prior to practicing Mindful Recovery Practices (MRP).

No portion of this flier may be copied or used without permission.

© 2015 Becca Ferguson All rights reserved

Cybalski Design Portfolio: peter-cybalski@squarespace.com