

National Council on Alcoholism and Drug Dependence – Rochester Area

Yogic Tips, Tools and Traditions for Recovery

Presenter – Dylan Mariah, RN, LMHC

Date: Friday, July 14, 2017

Time: 9:00 a.m. – Noon *(Registration will begin at 8:30 a.m.)*

Cost: \$35

Content: This workshop will include an overview of Yoga, as it was practiced traditionally and as it is practiced now in a contemporary Western environment. The research-supported benefits of yoga for individuals in recovery will be reviewed, as well as its application to supporting the need for stress management, spiritual opening and mental focus. Didactic presentation as well as experiential exercises will be shared so that addiction professionals can experience some simple Yogic relaxation and centering tools.

Registration Deadline: Friday, July 7, 2017

Training Location - DePaul's NCADD-RA
1931 Buffalo Road, Rochester, NY 14624

3 Clock Hours

CASAC Renewal

CPP Section 1

CPS Section 1

Continental breakfast is provided. Please make your own lunch arrangements.

Training Date/Title: Friday, July 14, 2017/Yogic Tips, Tools and Traditions for Recovery

Deadline: Friday, July 7, 2017

Name: _____ Job Title: _____

Employer: _____ Telephone: _____

Address: _____

Fax/email: _____

Return form with a \$35 NON-REFUNDABLE registration fee to:

NCADD-RA, Attention: Elaine Alvarado 1931 Buffalo Rd., Rochester, NY 14624

For more information, please call or e-mail Elaine at **(585) 719-3481**,

elvarado@depaul.org or Beth McNeill at **(585) 719-3489**, bmcneill@depaul.org

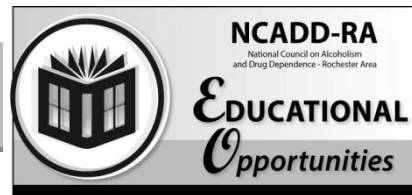
****Please complete payment information on reverse****

Please note training policy on reverse. Registration confirmation will **not** be sent. However, in the event this training must be canceled or relocated, be sure to include complete contact information for notification purposes.

DePaul NCADD-RA
1931 Buffalo Rd
Rochester, NY 14624
(585) 719-3481
(585) 423-1908 fax
ncadd@depaul.org e-mail
www.ncadd-ra.org

Online registration also available at www.ncadd-ra.org.

Directions to Training Site



From Buffalo and West



From I-90 E / NEW YORK STATE THRUWAY E



Merge onto I-490 E - LEROY / ROCHESTER.



Take the **EXIT 7A-** toward GATES CENTER.



Merge onto BUFFALO RD / NY-33.



End at **1931 Buffalo Rd**
Rochester, NY 14624-1535, US

From Syracuse and East



From I-90 W / NEW YORK STATE THRUWAY W

Take exit 46 towards 390 North



Merge onto I-490 W toward Buffalo



Take the RT-33 E exit- **EXIT 7A-** toward GATES CENTER.



Merge onto BUFFALO RD / NY-33.



End at **1931 Buffalo Rd**
Rochester, NY 14624-1535, US

Local



Take I-490 toward Buffalo.



Take the EXIT 7A toward GATES CENTER.



Merge onto BUFFALO RD / NY-33.



End at **1931 Buffalo Rd** Rochester, NY 14624

Return form with non-refundable registration fee to:
NCADD-RA, Attention: Elaine Alvarado, 1931 Buffalo Rd., Rochester, NY 14624

- Check Amount: _____
 - Visa Discover
 - Mastercard American Express
- Amount Charged
\$ _____

Card #
Cv2 (back of the card):
Expiration Date:
Name on Card (please print)
Signature:
Billing Address:
Street
City State Zip code

For further information, please call or e-mail Elaine Alvarado at (585) 719-3481 alvarado@depaul.org.

Training Policy

Capacity is limited. Payment is expected for all registrations. Training reservations without accompanying payment or proof of payment (ex. accompanying PO number) will be invoiced for payment. Credits may be arranged with at least two-business days notice. Paid no shows will not be credited, unpaid no shows will be invoiced.