

BY LAURIE SEARLE

Yoga reconditions the mind to work in tandem with the body so that fear, judgment, and

The yoga mat, the class, the support of others offer us a place of community to feel freely, safely, and in the comfort of others who understand the struggles of addiction. 🐾

Laurie Searle has been a certified yoga and fitness trainer for over a decade and leads teacher trainings in the LA area through her school, Sphota Yoga (SphotaYoga.com). She founded FED Fight Eating Disorders (FightEatingDisorders.org), a nonprofit offering help to eating disorder sufferers.

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Eating disorders are a disconnection be-