

## **Everyday Addiction: Healing the Habits of Life**

**With Kevin Griffin**  
**Saturday, May 19, 2012, 1-5pm**  
**Kusala Yoga**  
**97 Green St, Greenpoint, Brooklyn, NY**

In this daylong workshop we will look at the issues that trouble us in our daily lives, both internal and external. Here's what we will cover:

- We will explore self-judgment and painful emotional habits;
- We will work with letting go of the habitual behaviors that undermine our happiness and serenity;
- Using themes like honesty, intention, and acceptance, we will come to understand the roots of our distress and develop tools to overcome and heal these persistent problems.

The day's teaching will include mindfulness meditation techniques and Buddhist/12-Step parallels.

For information: [info@kusalayoga.com](mailto:info@kusalayoga.com)