

# Flow to Recovery: Yoga as a Tool for Substance Use and Mental Wellness



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9:00- 11:00 am



William Paterson University  
300 Pompton Rd  
Ballroom C  
Wayne, NJ 07470

## Learning Objectives:

By the end of this session, participants will be able to:



Explain the physiological and psychological benefits of yoga as they relate to stress reduction, emotional regulation, and overall mental well-being.



Identify the connection between chronic stress, trauma, and substance use, and how yoga-based practices can support healing and prevention.



Describe how yoga can serve as a complementary tool in mental health treatment and substance use recovery frameworks.



Review current research and evidence supporting the use of yoga in behavioral health, particularly among adolescents and young adults.



Demonstrate basic breathing or mindfulness techniques commonly used in trauma-informed or substance prevention-focused yoga programs.



*30 yoga mats will be raffled off*



*Breakfast included*

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