

ABSTRACT:

Investigating changes in subjective spiritual wellbeing during a yoga therapy program for people in recovery from alcohol and drug addiction

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Barbara Brinkhege

The purpose of this multiple subject case study, was to examine the impact of a Yoga Therapy program, (in particular the practices of *Asana*, *Pranayama*, *Dhyana*, as well as *Yoga Nidra* with *Sankalpa*) on subjective spiritual wellbeing for people in recovery from alcohol and drug addiction. Six participants in recovery from alcohol and drug addiction took part in a four week Yoga Therapy intervention of eight classes. Three participants finished the program.

Participants filled in a spiritual wellbeing questionnaire before and after the Yoga Therapy program. An abstinence-based symptoms questionnaire was also administered in the first week and after the intervention, as well as directly before and after the fifth class. Qualitative data was collected during the initial interview and after the program.

The results suggest that people in recovery from alcohol and drug addiction may experience positive changes in spiritual wellbeing and a lessening in abstinence-based symptoms when practicing yoga. These findings could be important to further investigate the prevention of relapse. Future research with a larger number of participants would have to be undertaken to confirm this finding.