



BEYOND ADDICTION<sup>®</sup>

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Recover Your True Self

*Created by Sat Dharam Kaur ND*

with

**Kundalini Yoga, Counselling and Naturopathic Medicine**



## *Upcoming Programs*

**16 Week Online Program**

**9 Day Immersion Course (in-person)**

*with Sat Dharam Kaur ND, the creator of Beyond Addiction Program*

Registration open. Apply now.

**[www.beyondaddiction.ca](http://www.beyondaddiction.ca)**



# Beyond Addiction Program

- A recovery program that has been offered since 2008
- Taught with Dr. Gabor Maté in Vancouver in 2012, 2015
- Combines Kundalini Yoga, counselling, naturopathic medicine, group support
- 16 weeks, with weekly themes and specific yoga practices each week
- Includes a cleansing routine to detox the body and improve organ and glandular function



*Created by: **Sat Dharam Kaur ND** with Video content from **Dr. Gabor Maté***



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Recover Your True Self



- Includes breathing techniques, meditation, relaxation, self-reflection, lifestyle and dietary guidelines, stress management, hydrotherapy, nutritional and herbal supplementation for neurotransmitter and glandular balance
- 90 video clips from **Dr. Gabor Maté**
- Recordings of kundalini yoga, breathing exercises and meditations with **Sat Dharam Kaur** in each of the 16 modules



## *Beyond Addiction Program*

- Has been taught to several thousand people in 13 countries
- Translated into Spanish, French, Italian, Hungarian, Turkish, Icelandic
- Many people repeat the program several times to deepen their healing
- Has been effective in helping individuals decrease or stop addictive behaviours
- Brings people together in ongoing international community



## Sat Dharam Kaur ND

- Creator of the Beyond Addiction Program
- Practitioner, teacher and trainer of Kundalini Yoga for 45 years, teaching 1000's of students
- Naturopathic Doctor since 1989; voted Naturopathic Doctor of the Year in 2000
- Author of 3 books on women's health
- International teacher, has taught Beyond Addiction in 13 countries since 2008, as well as yoga teacher training programs
- Co-developed and directs the Compassionate Inquiry psychotherapeutic training with Dr. Gabor Maté since 2018





## Dr. Gabor Maté

- Retired physician who worked for over a decade in Vancouver's Downtown Eastside with patients challenged by drug addiction and mental illness
- Worked for over 20 years in family practice and palliative care
- Expert on addiction, trauma, childhood development, and the relationship of stress and illness
- Has written several books, including *In the Realm of Hungry Ghosts* and *When the Body Says No*
- Awarded the Order of Canada, his country's highest civilian distinction, and the Civic Merit Award from his hometown, Vancouver.

# Who Can Benefit?

- Individuals seeking to develop healthy habits and overcome addictive behaviour – everyone can benefit
- Family members of addicted individuals
- Health professionals who work with addicted individuals
- Yoga teachers who want new skills
- Certified Kundalini Yoga teachers who would like to teach a yoga-based addiction recovery program



# When Are You Ready for the Program?

- At least 40 days sobriety from drugs and alcohol
- Stability in one's life to be able to attend 2 sessions weekly
- Commitment to the process of inner growth
- Capacity to look at childhood trauma and process suppressed emotions
- Readiness for group sharing
- Openness to practice self-paced yoga, meditation, breathing exercises

# How Is this Program Different?

- Kundalini Yoga is a catalyst for deep connection to the Self and inner transformation
- Psychological processing of trauma using Compassionate Inquiry
- Invitation to ongoing connection in community
- Dietary recommendations for overall well-being – blood sugar, adrenal support, liver cleansing, neurotransmitter support
- No shame, blame or judgement
- Recognition of personal strengths



## *How Is this Program Different?*

- Taps into to one's personal calling
- Redirection of dopamine to fulfilling goals
- Processes the trauma and pain that underlie every addiction
- Development of one's Best Present and Future Self
- Shift of identity from egoic self to True Self
- Group support



**What Is Addiction?**

# What Is Addiction?

Addiction is a complex psycho-physical process which manifests in any behaviour, whether it is substance-related or not:

1. A person craves a substance or behaviour
2. Finds temporary relief or pleasure
3. Suffers negative consequences as a result, but still persists
4. Is unable to give it up

*The components are craving, pleasure, relief, negative consequences, and inability to give it up.*



## *What Is Addiction?*

- The addiction isn't the problem
- The addiction is the attempt to solve the problem
- The problem is the emotional pain and disconnection from the Self, due to not being attuned to, seen, heard and understood and loved as a child
- As children, we take on coping strategies to maintain the attachment to our primary caregivers – strategies such as perfectionism, being nice, being good, being a high achiever, being a pleaser, being someone who adapts to others' needs or expectations

# Disconnection

- This is how we lose the connection to our authenticity, emotions, to what we feel in the body, and to our spirit/essential Self
- Healing requires re-connection to the felt sense in the body, our gut feelings, our capacity to express ourselves authentically
- Addiction is an attempt to fill a need – we can ask, “*What is the addiction doing for you?*”

## *Disconnection*

- The need may be comfort, happiness, stimulation, energy, reward, pleasure, confidence, calm, relaxation, to feel good
- All of these needs are healthy and valid
- Once a need is identified, we can look towards fulfilling it in a healthier way.
- The primary need is connection to Self and others



# Connection

- We are wounded in relationship; we can heal in relationship
- Healing from addiction requires positive social connections
- With addiction the constant craving is a misaligned “seeking”
- How to redirect the craving (dopamine) into a meaningful, purpose-driven life with healthy social connections

## Connection

*There's no way to reach forward with determination and hope unless you want badly to go there. The trick to overcoming addiction is the realignment of desire, so that it switches from the goal of immediate relief to the goal of long-term fulfillment. One set of synapses must be strengthened and the other allowed to decay. What fires apart wires apart.*

*New and original avenues are created when unexplored plans for long-term satisfaction are brought to mind, held in mind, and exposed to the forge of desire – a detour from the familiar road leading to immediate gratification.*

*Lewis, Marc. the Biology of Desire. Doubleday, Canada. 2015*

## Connection

*If the brain region that allows us to imagine the future is synched up with the brain regions that propel us toward our goals, and if that linkage is practiced and reinforced, so that synaptic highways become smooth and efficient, then addiction need be no more than a stage in the development of the self. Repetition boosted by motivation is the strongest driver of synaptic shaping.*

*Lewis, Marc. the Biology of Desire. Doubleday, Canada. 2015*



# What Is Trauma?

*"The fundamental thing that happened and the greatest calamity is not that there was no love or support. The greater calamity which was caused by that first calamity is that you lost a connection to your essence. That is much more important than whether or not your mother or father loved you or not."*

A.H. Almaas



## *What Is Trauma?*

Adverse childhood experiences are common and can have negative long-lasting effects on our health. Ten types of trauma include

1. Physical abuse
2. Sexual abuse
3. Emotional abuse
4. Physical neglect

## *What Is Trauma?*

5. Emotional neglect
6. Mother treated violently
7. Household substance abuse
8. Household mental illness
9. Parental separation or divorce
10. Incarcerated household member



## *What Is Trauma?*

- Compared to an ACE score of zero, having four adverse childhood experiences was associated with a seven-fold (700%) increase in alcoholism, a doubling of risk of being diagnosed with cancer, and a four-fold increase in emphysema
- An ACE score above six was associated with a 30-fold (300%) increase in attempted suicide

## *What Is Trauma?*

Other sources of trauma, not listed in the ACES study can include:

- Catastrophic injuries and illnesses in yourself or a close family member
- Partner or spouse having an affair
- Minor automobile accidents, especially those that result in whiplash
- Invasive medical and dental procedures, particularly when performed on children who are restrained or anesthetized

## *What Is Trauma?*

- Pelvic exams, colonoscopies or surgeries when the patient does not feel safe with the procedure
- Falls and other minor injuries, especially in children or elderly people
- Natural disasters, including earthquakes, hurricanes, tornadoes, fires, and floods
- This experience of war, dislocation, being a refugee
- Loss of one's homeland or culture

# The Seven Hallmarks of Trauma

1. Trauma is not what happens to you; it is what happens inside you as a result of what happens to you
2. Trauma results in a disconnection from yourself, your value, your feelings, your body, other people and the world
3. Trauma shapes your view of the world, causing a constriction
4. You override your gut feelings, which help you to survive, due to trauma
5. Trauma makes it difficult to be in the present moment
6. Trauma changes your nervous system
7. Trauma programs your relationships



# Benefits of the Beyond Addiction Program

- Reconnection to the Self
- Processing of emotional pain in a supportive, compassionate group space, led by a facilitator trained in Compassionate Inquiry
- Kundalini Yoga, meditation and breathing exercises for physical, emotional and spiritual well-being and for self-regulation
- Cultivation of healthy habits
- Development of self-acceptance and self-compassion
- Healing in community – you are not alone



# **Testimonials of Past Participants**

## *Testimonials of the Past Participants*

**“The Beyond Addiction course offers a unique experience to learn about yourself and why you do what you do. It helps answer the great “Why can’t I just stop?” It gives you hope and the opportunity to learn what will change your life.”**

**– SB**

## *Testimonials of the Past Participants*

**“This course is an amazing body of work. I loved the group sharing, yoga sets, meditations, depth of information and dialogue. It helped me to achieve direction, discipline and gave me many tools to work with cravings and emotional responses. I dropped much of my food addictions and appreciated the kindness, understanding and compassion shown to all members of the group.”**

**– SD**

*[Watch Video Testimonials of our Past Participants](#)*



# **Structure of the Program**



## *Structure of the Program*

- 16 Modules, each with a different theme
- A 4-month journey of reconnection with the Self
- Each module contains didactic material, video clips from Gabor Maté, Kundalini Yoga, meditation, breathing exercise
- Cleansing aspect with each module – bowel, liver, kidney, glands etc
- Home practice program and self-assessment questions with each module
- Group sharing and discussion



# **16 Themed Modules**



## *Module Themes*

1. I am a Spiritual Being Having a Human Experience
2. I Live by My Values and Develop My Virtues
3. I Communicate from My True Self
4. I Practice a Yogic Lifestyle to Free Me from My Past and Access Wisdom.
5. Act, Don't React: I Take Control Over My Reactions to People and Events.
6. Happiness is My Birthright. I Clear My Subconscious to Become Neutral
7. I Create My Habits; My Habits Create Me. I Promote Habits that Serve My Divinity
8. I Choose Dharma Over Karma.
9. I Replace Addiction with Self-Reliance. I Compassionately Re-parent Myself
10. In Shifting My Perspective on the Past, I Embrace the Present and Future

## *Module Themes*

11. I Change My Attitude into a State of Gratitude. I am a Liberated Being.
12. I Am Responsible and Accountable to MySelf and Others
13. I Forgive Myself and Those Who Have Hurt Me; I Acknowledge My Errors in Hurting Others
14. I am Born with a Mission and a Magnitude. I Co-Create My Future with the Divine
15. As I Keep Up, I'll Be Kept Up
16. In Serving Others I Serve MySelf and the Greater Good



# Formats of the Beyond Addiction Program

1. Online – 16 weeks, meeting twice weekly, begin in Jan, May and Sept
2. 9 Day Immersion with a 4 month online follow-up
3. 5 + 4 Day Immersion with weekly online sessions in between, for a total of 4 months
4. In person, meeting 3 hours once weekly for 16 weeks

# Becoming a Beyond Addiction Instructor

- Attend the program once
- Already certified as a KY teacher
- Have taught the 16 modules twice as a series of yoga classes, without the didactic material
- Submit video
- Member of KY-WHA, with attendance at monthly meetings
- Then can teach the BA Community Support Program

# Becoming a Beyond Addiction Trainer

- Attend the program three times
- Already certified as a KY teacher
- Have taught the 16 modules three times as a series of yoga classes, without the didactic material
- Have acted as a small group facilitator at least once
- Member of KY-WHA, with attendance at monthly meetings
- Have taught one module of the BA Program and been approved
- Can co-teach the full program with a BA trainer



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**Thank You**