



WOMEN
IN
RECOVERY

MAR 26
2025

SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH
7 - 8:30 p.m.
In-person

IN-PERSON

The Retreat
1221 Wayzata Blvd., E., Wayzata, MN 55391
6:30 pm Refreshments & Fellowship
7:00 pm Programming

LEARN • GROW • CONNECT

Our programming this year focuses on
**Nurturing, Renewing and Affirming
Our Bodies, Our Minds, and Our Spirits**

theretreat.org/women-in-recovery | mnwomeninrecovery@gmail.com
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RESTORING BALANCE: EXPLORING SOMATIC HEALING FOR TRAUMA AND ANXIETY IN RECOVERY

DeAnna Loux

This discussion will explore the impact of trauma and anxiety in recovery, highlighting how these experiences can disrupt the mind-body connection and accentuating how unresolved trauma can manifest as heightened emotional reactivity, difficulty in managing stress, and physical tension. Participants will examine the role of somatic practices, particularly yoga, in fostering healing by promoting self-regulation, grounding, and emotional resilience. Emphasis will be placed on yoga's ability to safely reconnect individuals with their bodies, allowing them to process trauma gently and build tools for managing anxiety. The conversation will also address the importance of trauma-sensitive approaches to ensure safety and inclusivity in such practices.



DeAnna Loux is a 200 RYT Yoga teacher and facilitates classes at Honest Yoga Studio in Plymouth. She also hosts somatic healing individual or group workshops and retreats throughout the Twin Cities. As a member of the recovery community, DeAnna knows first-hand how important it is to recognize the role that trauma and anxiety can play in our journey towards healing and has become an emerging speaker on the topic. Offering somatic resources to those curious about learning more about embodied practices through connecting the mind and body through self-reflection and offering choice to those who have previously been denied these inherent rights, the drive to spread this message of hope comes at an imperative time in the journey towards recovery.

What is Women in Recovery? We are a community of women in recovery programs looking to supplement our recoveries through bimonthly speaker meetings and special events. We aim to create a caring community that provides education, spiritual insight, and growth opportunities.

Who attends? Women in a variety of recovery programs—AA, NA, Al-Anon, OA, CoDA. Some of us have been around for years; some of us are new to recovery. We all want to learn, grow, and connect. You don't have to be a Retreat alum to join us! All are welcome!

Why should I attend? Our events are designed *by* women in recovery *for* women in recovery—we understand the challenges women face. We know it's important to get involved in a sober community and stay connected, whether you are four days sober or 40 years. This is not an AA meeting, but a supplement to your program of recovery.