



WOMEN
IN
RECOVERY

MAY 28
2025

SPEAKER SERIES

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

IN-PERSON

Wayzata Community Church, Door 3
125 Wayzata Blvd., Wayzata, MN 55391
6:30 pm Refreshments & Fellowship
7:00 pm Programming

Wear comfortable clothing & gym shoes!

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
fb/insta: @WomenInRecoveryMN

REJUVENATE BODY, MIND AND SPIRIT WITH JOYFUL MOVEMENT ~ NIA

Rachel E. Soffer - Dancing Yogi

Come to experience the happiness and healing power of joyful movement ~ Nia ~ a blend of dance, martial arts and healing arts. Enjoy a variety of inspirational musical styles and rhythms paired with vibrant moving meditations to lift your spirit as you rise and shine. Rachel's classes offer a circle of comfort, playfulness, empowerment, grace, laughter, sweat and pure joy. All ages and stages welcome.



Rachel is an enthusiastic health and fitness leader who loves inspiring people to enjoy exercising body, mind and spirit. Rachel has over 30 years of experience teaching mind-body fitness classes including world dance, yoga and Nia in numerous Twin Cities locations including The Marsh in Minnetonka, St. Catherine University and The Minnesota Arboretum. Rachel is passionate about sharing the joy and healing power of dance, yoga, and mindfulness practices from wisdom traditions around the world.

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.