



WOMEN
IN
RECOVERY

JAN 26

2022

ZOOM

SPEAKER SERIES

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

ON ZOOM

Meeting ID: 93507558272

Password: 259602

Link: zoom.us/j/93507558272

Phone-in: 312.626.6799

**We invite you to create a comfortable, safe space where you can light a candle, snuggle with a blanket, and be where you will feel closest to your Higher Power to write from your heart.*

Check theretreat.org/women-in-recovery for up-to-date information on location each month (in-person, zoom, or hybrid)



LETTERS FROM GOD: INTUITING & EXPERIENCING OUR HIGHER POWER

Michelle Simonsen

Women in Recovery will start the new year with what has become a tradition—intuiting and experiencing our personal Letters from God. Michelle Simonsen will lead us through this powerful spiritual practice. Join us as our journey into the Great Reality continues—healing our past and blessing our future!*



MICHELLE SIMONSEN is a soma yoga therapist specializing in providing relief from chronic traumatic experiences. She is also a certified recovery coach. Michelle believes that teaching the spiritual nature of yoga combined with the foundations of 12-step recovery creates a safe place for healing to begin. She enjoys building and supporting you on a path of recovery toward a whole you—physically, mentally, emotionally, and spiritually.

LEARN • GROW • CONNECT

The mission of Women in Recovery is to create a caring community that provides education and spiritual growth opportunities for women in 12-step recovery programs.

www.theretreat.org/women-in-recovery | WIR@theretreat.org | [fb/insta: @WomenInRecoveryMN](https://fb/insta:@WomenInRecoveryMN)