

JAN 26

2022

HYBRID



WOMEN
IN
RECOVERY



SPEAKER SERIES

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

IN-PERSON

The Retreat - Lower Level Meeting Room

.....AND.....

ON ZOOM

Meeting ID: 93507558272
Password: 259602
Link: zoom.us/j/93507558272
Phone-in: 312.626.6799

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.

The 2022 Speaker Series will utilize hybrid meeting options. We will meet both in-person at The Retreat and virtually on Zoom.

Check facebook.com/WomeninRecoveryMN for updates.

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)