



WOMEN
IN
RECOVERY

JUNE 22

2022

ZOOM

SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH

7 - 8:30 p.m. CT

ON ZOOM

Meeting ID: 93507558272

Password: 259602

Link: zoom.us/j/93507558272

Phone-in: 312.626.6799

BODYFULNESS: MINDFULNESS UNLEASHED AND A TOOL FOR INNER HEALING

Dr. Rachel Allyn

"Bodyfulness" is part of the renaissance of body-mind based healing styles, which recognize the ways stress and trauma can get stuck in the body. When we have tools to release them and regulate ourselves, we can feel freer to live and express our truth. Bodyfulness is unique in also helping people reclaim all of life's healthy pleasures within a culture that has historically encouraged repression and suppression, much to our detriment.

You'll learn about the three D's of bodyfulness (diving in, discharging, and delighting) and how it can free you from repression, reactive patterns, and your "issues living in your tissues."



RACHEL ALLYN, PHD has been a licensed holistic psychologist for almost 20 years specializing in mind-body medicine, relationships, and intimacy issues. She helps individuals and couples cope with their mood, life transitions, and all types of relationship challenges.

As a certified yoga teacher, Dr. Allyn incorporates the body into her sessions at times and leads therapeutic mind-body workshops and retreats. She recently released a book called, The Pleasure Is All Yours: Reclaim Your Body's Bliss and Reignite Your Passion for Life. The book is based on the same topic as her 2019 TEDx talk focusing on her method of "bodyfulness," which integrates mindfulness, movement to release stress and trauma stuck in the body, and reclaiming healing healthy pleasures within a repressed, over-worked culture. Her motto is "Pleasure to the People"! When she's not spreading this message, you can find her skiing, surfing, or singing karaoke.

Until further notice, all
meetings are on ZOOM

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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)