



WOMEN
IN
RECOVERY

JAN 24
2024

SPEAKER SERIES

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

In-person and on Zoom

IN-PERSON

The Retreat

1221 Wayzata Blvd., E., Wayzata, MN 55391

6:30 p.m. Refreshments & Fellowship

7:00 p.m. Programming

ZOOM

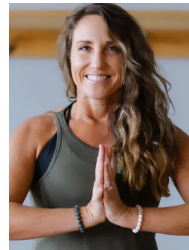
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7 - 8:30 p.m. CT

LETTERS FROM OUR HIGHER SELF: INTUITING & EXPERIENCING OUR HIGHER POWER

Nicole Byars

Women in Recovery will start the new year with what has become a tradition—intuiting and experiencing our personal Letters from our Higher Self. Nicole Byars will lead us through this powerful meditation practice, inviting us to connect with our Higher Self through writing. Join us as we begin our journey of Connection—to our Higher Power, Ourselves, and Our Community!



NICOLE BYARS is a well-experienced Trauma-Informed Yoga Specialist and a published author. She is also the visionary behind Honest Yoga Studio in Minneapolis. Overcoming an eating disorder and physical and emotional setbacks, Nicole has discovered the power of inner child work and reframing limiting beliefs, and becoming her own source of support and love. She is a respected thought leader in her field and educator for those searching for answers to improve their daily process for living mindfully, productively and joyfully.

LEARN • GROW • CONNECT

Our programming this year focuses on
**Expanding our Paths for Healing
and Recovery.**

theretreat.org/women-in-recovery | WIR@theretreat.org
fb/insta: @WomenInRecoveryMN

What is Women in Recovery? We are a community of women in 12-step 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 12-step programs—AA, NA, Alanon, 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.