



WOMEN
IN
RECOVERY

SPEAKER
SERIES

4th
WEDS
JAN-OCT

Hennepin Avenue United
Methodist Church
511 Groveland Ave
Minneapolis, MN 55403

6:30pm Refreshments & Fellowship
7:00pm Programming



October 23, 2019

“WORKING THE 12 STEPS” PHYSICALLY

Suzula Bidon

Recovery is more than just abstinence. Recovery is a lifelong process of healing, transformation, and growth. Regardless of how addiction manifests in our lives, its essence is disconnection and dysregulation (the inability to regulate our thoughts and feelings). Twelve Step programs help us reconnect, and provide a path to psychological and spiritual healing, but they offer little guidance for physical healing and how to reunify the body with the mind and spirit.

Suzula will help us rediscover the power and peace in our bodies, by sharing simple physical practices that allow us to regulate our thoughts and feelings and remain in integrity in any situation. Using breath and movement, Suzula will show us how to experience the spiritual principles of recovery by “working the Twelve Steps” physically.



Suzula Bidon, E-RYT 200, CPRS, is an attorney, educator, and advocate dedicated to helping people beat addiction and thrive in recovery. After spending 30 months in federal prison as a consequence of her addiction, Suzula entered recovery in 2008. She developed Recovery Yoga Meetings® to provide a curriculum that integrates the spiritual principles of recovery with the physical practice of yoga. She teaches yoga at studios and in treatment centers, and created Recovery Yoga Teacher Training and Certification for yoga teachers who want to lead recovery-specific yoga classes.

STAY CONNECTED!



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