

Healing Through Movement

A spiritual weekend retreat for Trauma and Recovery with DeAnna Loux

Join us for a transformative weekend designed to guide those navigating traumas, anxiety, and the path of recovery toward deep healing and inner peace. Centered on the experiences of individuals in recovery this retreat combines yoga, somatic, and mindfulness practices to create a safe space for reflection, growth and renewal. This weekend is about recovery: reclaiming your wholeness, stepping into a life of balance, joy and freedom.

Throughout the weekend, you'll explore gentle yet powerful practices that connect the body, mind, and spirit. From trauma-informed yoga sessions to somatic exercises that unlock stored tension, each activity is thoughtfully crafted to support your healing journey. With a focus on self-compassion and resilience, you'll learn tools to manage anxiety, process emotions, and reconnect with your authentic self.

\$350/person

includes lodging, food & materials.
Scholarship funds are available.

*This retreat is for educational purposes only. DeAnna Loux is not a licensed therapist. These discussions are not intended as a substitute for the advice of a physician, psychotherapist, professional coach or other qualified professional.

Oct 30–Nov 1, 2026

SCHEDULE

4:00pm - 5:30pm FRIDAY // CHECKIN
NOON SUNDAY // CHECKOUT

WHERE

The McIver Center at The Retreat
1351 Wayzata Boulevard East, Wayzata, MN

REGISTER

Complete the reverse side of this flyer. Space is limited. For those who struggle with substance use, a minimum of 30 days of continuous sobriety is required to attend our spiritual retreats.

ATTENDEES WILL EXPERIENCE

- Trauma-informed yoga tailored to all levels of experience
- Somatic practices to release emotional blockages stored in the body
- Guided meditations and breathwork to ease anxiety and enhance clarity
- Opportunities for reflection, connection, and group sharing
- Nourishing meals and serene natural surroundings to support your journey



As a person in long term recovery, facilitator DeAnna Loux, received her Yoga Teacher Certification with a local studio specializing in Trauma-informed yoga practices. After completing the 200-hour program, DeAnna sought to deepen her knowledge of trauma and anxiety in order to help not only herself, but also others in recovery, by furthering her education and going on to receive her trauma informed yoga and somatic healing certifications. DeAnna teaches yoga locally and also guides the guests at The Retreat through a similar trauma discussion and movement practice. As someone who intimately understands the challenges of trauma, addiction and recovery, this retreat intends to offer a supportive environment where vulnerability is honored, and community is cultivated. Whether you're seeking to deepen your recovery experience, begin to process unresolved wounds, or simply find a sense of calm amidst life's chaos, this retreat is a sanctuary for healing and self-discovery.

FOR MORE INFORMATION CONTACT

Jen at jsamet@theretreat.org or
Sherry at sgaugler-stewart@theretreat.org
952.476.0566 | TheRetreat.org

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PLEASE SIGN ME UP!

*If e-mailing this form,
please do not include
credit card information.
We will send you a link to
process your payment.*

LAST NAME _____ FIRST NAME _____

ORGANIZATION _____ TITLE _____

ADDRESS _____

CITY / STATE / ZIP _____

DAY PHONE _____ MOBILE PHONE _____

EMAIL ADDRESS _____

\$350/person includes lodging, food & materials.
Scholarship funds are available.

\$75 of this fee is a non-refundable/non-transferrable deposit

My check made payable to The Retreat is enclosed.

Please charge my VISA/MASTERCARD/DISCOVER/AMEX \$

CREDIT CARD # _____ EXP/ DATE _____

NAME AND ADDRESS OF CARDHOLDER IF DIFFERENT FROM ABOVE _____

If mailing, please send payment, along with the completed Registration Form, to this address:

The Retreat

1221 Wayzata Boulevard East
Wayzata MN 55391
952.476.0566 or 1.877.446.9283
theretreat.org

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Friday, October 30 - Sunday, November 1, 2026

Check-in 4:00 – 5:30pm on Friday | Check-out at Noon on Sunday

The Mclver Center at The Retreat 1351 Wayzata Blvd. E. | Wayzata, MN

SPONSORED BY : The Retreat

