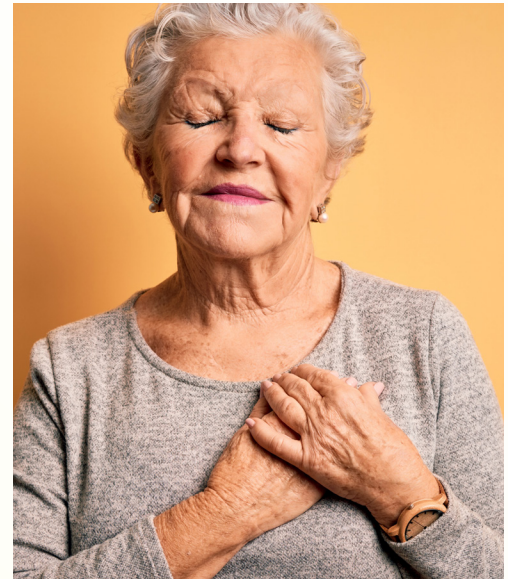


Grief Yoga®

Breath · Movement · Sound



Feeling the weight of loss?

Whether it's the loss of a loved one, a pet, a relationship, a job, or a part of your own well-being, grief is a process we all face.

Join us for a 60-minute Grief Yoga class where we'll use breath, movement and sound to gently guide you through the pain toward a place of love and empowerment.

Let's take this journey together.

Dates: Sept. 10, Oct. 8 and Nov. 12
Time: 5 p.m. - 6 p.m.
meet in main lobby at 4:50 p.m.
Place: Middlesex Health, Wellness Room
534 Saybrook Road, Middletown
Cost: \$20 per class, cash or venmo
no previous yoga experience necessary

Registration is required. To register,
visit tinyurl.com/MHGYSepOctNov2024



Classes are led by **Ursula Daiber**, a 500-hour trained yoga teacher who is certified in Grief Yoga®.

Ursula also holds a six-week Grief Yoga workshop at Middlesex Health. This workshop is limited to 12 people with the intent to create a safe environment to allow participants to share.

For more information on the monthly Grief Yoga classes or the workshop, email Ursula at UrsulaDaiber@aol.com



Scan to register.

