

Yoga for Loss and Renewal

A six-week workshop to contribute to your healing

Wednesdays • October 2 - November 6

6 p.m. - 7:30 p.m.

**The Ruth E. and James E. Burris, Jr., MD
Center for Integrative Medicine**

540 Saybrook Road • 3rd floor
Middletown

Cost: \$120

Registration is required.



*Scan QR Code
to register*

Week One: Awareness - When we are consumed by grief, we lose our sense of self. Our mind repeats the past or takes us into an anxious future. We will connect to our breath and know that it is safe to be in the present moment.
Date: October 2

Week Two: Expression - Expression asks that we be vulnerable and honest. We allow our pain and struggle to express itself so we can move through it. **Date: October 9**

Week Three: Connection - Connection is a process that begins to heal what has been expressed through flowing meditations of grace, forgiveness, love - even gratitude. **Date: October 16**

Week Four: Surrender - It's time to begin to let go of the pain, but not the person. Rather than clutching at our grief to keep our loved ones close, we learn to keep that closeness by tuning into the love that we hold within our hearts. We rest. **Date: October 23**

Week Five: Evolution - We take what we've learned through these processes and evolve into individuals with more courage, resilience and love as we move forward. **Date: October 30**

Week Six: Transformation - We celebrate the journey and the transformation. The newness has emerged through this process ... Renewal has arrived. **Date: November 6**

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

Open to the public.

No previous yoga experience necessary.

To register, scan the QR code, or visit tinyurl.com/MHGriefYogaOCT24