

Move Your Grief

A Workshop to Help you
Foster Resilience and Find Moments of Peace

Have you recently suffered a loss? Loss of a job, loss of normalcy, loss due to illness, loss of a pet, partner, friend, family member? When we suffer a loss, we grieve, and grief takes a toll on our bodies, minds and spirits. Releasing the pain out of your body leaves space for something good - joy, peace, happiness.

In this movement workshop we will practice yoga poses, gentle movement, breath work, meditation and journaling with the intention to help you release physical and emotional pain, let go of tension, and relax your body and mind.

Workshop Details:

Date: Saturday, May 1 2021

Time: 1:30pm – 3:30pm

Place: Grace Yoga, 326 Main Street, Hyannis, MA 02601

Cost \$45.00

Financial assistance available

**In addition to the live workshop, you'll have access to
other online practices including:**

Grief chair movement practice,

Body scan meditation,

Breath awareness practices

More Information and Registration: sueandersenyoga.com

You will leave this workshop not only feeling lighter and able to get on with your day with a little joy, but also with powerful tools and techniques to use each time grief's physical or emotional feelings are overwhelming you

Sue Andersen Yoga
[Helping you find your own practice](http://sueandersenyoga.com)

Sponsored by:



sueandersenyoga.com