



Yoga for Grief Therapy Group

*"Grief is like the ocean. It comes in waves, ebbing and flowing.
All we can do is learn to swim." Vicki Harrison*

For anyone who has experienced the death of a loved one.

Often, we spend a lot of time and energy trying to ignore and detach from our bodies. Yoga teaches us safe and approachable ways to connect and listen to our bodies. Yoga is the union of breath with gradual and intentional movement. This upcoming yoga therapy group will be a series of 90-minute restorative classes that incorporate breathing exercises with gentle poses to bring peace and calm to the body and mind. We hope you will join us for this practice to gain relaxation, connection, and support.

- Dates:** Thursdays, September 7th & 21st, October 5th & 19th
Time: 6:30-8:00 pm
Location: 550 South Wadsworth Boulevard, Lakewood, CO 80226
(Located in the large conference room in the lower level of the 1st Bank Building)
Cost: \$60 for 4 sessions (\$15 per session)
Facilitators: Diane Eberle, LCSW & Jessica Smith, LPC, LAC, TIYT
Register: To register, call Halcyon Grief Support at 720-325-2987 or griefsupport@myhalcyon.org for more information
Registration for this group ends Friday, September 1st at 5pm

*For the most benefit, it is highly recommended that you attend all four groups in the series