

Grief Yoga®

Breath • Movement • Sound

A Safe Space to Feel, Move and Heal.



**Is your heart grieving a person, a pet, or a chapter of your life that's changed?
What might it feel like to give that grief a softer place to rest?**

Join us for a 75-minute Grief Yoga class where breath, movement and sound gently guide you through the emotional heaviness toward a place of love, inner strength and renewal.

Together, we witness our grief.

Date: Monday, October 19
Time: 5:30 p.m. - 6:45 p.m.
Place: Harold Leever Regional Cancer Center
1075 Chase Pkwy, Waterbury, CT
Cost: **FREE** Community Introduction
Accessibility: No previous yoga experience necessary. Chairs provided for seated practice.
What to Bring: Yoga mat, towel/blanket, water
Registration is required.
To register, visit tinyurl.com/HLRCCGriefYoga



Classes are led by **Ursula Daiber**, a 500-hour trained yoga teacher who is certified in Grief Yoga®. Classes are limited to 15 people with the intent to create a safe environment to allow participants to share. Ursula also holds a two-hour Grief Yoga workshops throughout the year.

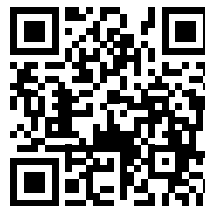
For more information on the monthly Grief Yoga classes or the workshops, email Ursula at UrsulaDaiber@aol.com.



YogaWithUrsulaD



YogiUrsula



Scan to register

