



Holding Space for the Heart

A Grief Yoga® Workshop for the Holiday Season

Grief during the holidays can feel especially heavy — like the world is celebrating while your heart is quietly aching. This workshop is a place where you don't have to hide that pain. It's a safe space to be with what's real, to become aware of your emotions, to move gently through them, and to remember: you are not alone.

Holding Space for the Heart is a two-hour Grief Yoga® experience rooted in breath, movement, sound, and stillness — designed to help you soften into your grief, release what you're carrying, and open your heart to connection, love, and inner strength.

Grief Yoga®, developed by Paul Denniston, is a healing modality, not about physical flexibility, but about emotional liberation. Grief Yoga is for anyone navigating loss, change, or heartbreak, and it welcomes all bodies and levels of experience.

During our time together, you'll be invited to:

- ☆ Begin with a brief guided journaling session (journal provided)
- ☆ Learn how Grief Yoga works to support emotional release and resilience
- ☆ Move through a 75-minute Grief Yoga practice using breath, movement and sound
- ☆ Rest in a short, guided meditation to ground and restore
- ☆ Share, reflect, or simply listen during an optional closing circle

No yoga experience is necessary. Practice may be done on a yoga mat or in a chair. All bodies, all emotions, and all experiences of grief are welcome.

Date: Monday, November 16

Time: 5:30 p.m. - 7:30 p.m.

Place: Harold Leever Regional
Cancer Center
1075 Chase Pkwy.
Waterbury, CT

Cost: \$45, cash or Venmo

Registration is required.

To register, visit:

tinyurl.com/HoldingSpace16NOV2026
or scan the QR code



Workshop offered by **Ursula Daiber**, a 500-hour trained yoga teacher who is certified in Grief Yoga® by Paul Denniston. For more information on monthly Grief Yoga classes or workshops, email Ursula at UrsulaDaiber@aol.com.



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