

YOGA FOR GRIEF



FIRST TUESDAY OF THE MONTH

9:30 - 10:30 AM

THIRD WEDNESDAY OF THE MONTH

4:15 - 5:15 PM

ON ZOOM

Yoga for grief provides a safe, restorative, non-judgmental, loving place to combine breath with movement. Yoga for Grief focuses on postures that specifically help the grieving body. It can help loosen the emotional and physical tightness from grief. The practice of yoga allows people to tap into their parasympathetic nervous system, which can bring about rest. Yoga and grief can be life-long practices that are both shifting and changing. No previous yoga experience is needed.

REGISTRATION IS REQUIRED TO RECEIVE THE ZOOM LINK AT

<https://hospiceslo.org/services/yoga>

All services are provided at no charge. Donations appreciated.

(805) 544-2266 | www.hospiceslo.org

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