

# YOGA FOR GRIEF ON ZOOM



**First TUESDAY of the month: 9:30 AM - 10:30 AM**

**Second THURSDAY of the month: 11:00 AM - 12:00 PM**

**Third WEDNESDAY of the month: 4:15 PM - 5:15 PM**

Yoga for grief provides a safe, restorative, non-judgmental, loving place to combine breath with movement. Grief yoga 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 which are both shifting and changing.

No previous yoga experience needed. Registration is required.

**Register online at [hospiceslo.org/workshops/yoga-for-grief](https://hospiceslo.org/workshops/yoga-for-grief)  
or call 805.544.2266 to reserve your space**

**HOSPICE**  
**SLO COUNTY**  
A Volunteer Hospice

(805) 544-2266 or [www.hospiceslo.org](http://www.hospiceslo.org)  
1304 Pacific Street | San Luis Obispo, CA 93401