

YOGA FOR GRIEF ON ZOOM



First TUESDAY of the month 9:30 AM – 10:30 AM

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
or call 805.544.2266 to reserve your space**