

Yoga for Grief and Loss

Using yoga as a light in the darkness

Lose a loved one and you lose more than that person, you lose a part of yourself. Grief, the normal reaction to this and other deep losses, can be the most draining of emotions, robbing you of both your energy and your sense of self.

There are various stages of grief - shock, denial, protest and the most devastating, depression - although they don't occur in any particular order and not all stages are experienced by everyone.

This class provides techniques to promote the transformation of grief into material for our nurturance. We'll do this by using the breath and movement to address the delicate endocrine mechanisms in the body responsible for the grief reaction. We'll also learn techniques to:

- Unblock parts of the body while allowing feelings and emotions to find a way to surface and discharge
- Help promote a psychological sensation of greater control over life
- Allow a general feeling of "being alive" surface
- Help regulate biorhythms, like the sleep/wake cycle

Because depression often accompanies grief, this class will also offer tools to help deal with depression. Just making the commitment to come to class shows an effort towards healing! The supportive energy of the group along with individualized attention allows your process to proceed in the most natural way for you.

All levels of ability are welcome and encouraged to attend.



YOGADURANGO

1485 Florida Rd.,
Bldg C Ste 201
Durango, CO 81301

**Fridays from 10:15-11:30am
beginning August 7, 2009**

Michele Lawrence is a Registered Yoga Teacher and Certified Yoga Therapist who teaches group yoga classes and therapeutic yoga for individuals.

You are welcome to come on a drop-in or ongoing basis, but please call Michele first to register: 970-946-8961.

Drop in for \$13 and class punch cards available. Assistance offered to those unable to pay.

